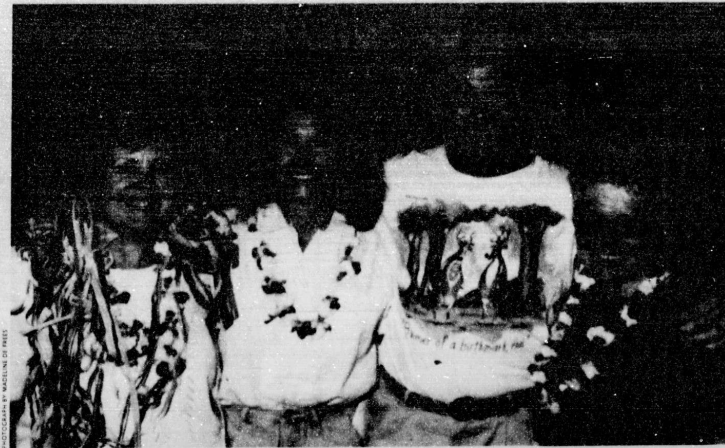


SAN DIEGO SECOND PLACE IN NAVY SEX CRIMES - SEE PAGE 5

SAN DIEGO'S WEEKLY

Reader



Leiba, Colleen and Michael Reagan, and the author aboard ship

This World on Its Voyage to Eternity

Michael Reagan is fast becoming an honorary captain of the Ship of State, as I discovered when I signed on for the American-I Hawaii cruise through the "ports of Paradise" on the S.S. *Independence*.

Colleen, Mike's wife and an agent with Car-

ousel Travel in North Hollywood, answers my call and books the last private cabin for me.

"It's an inside cabin," Colleen says, "but it's on the same deck as the buffet and swimming pool, so I think you'll find it convenient. And you'll get to meet Michael." (continued on page 24)

ABOARD THE S.S. INDEPENDENCE WITH MICHAEL REAGAN

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LETTERS

We welcome letters pertaining to the contents of the Reader. You may phone them in by calling 235-3000, ext. 460, address them to Letters to the Editor, Box 45803, San Diego, CA 92186-5803, fax them to 231-0489, or e-mail them to l.letter@world.com via the Internet. Please include your name, address, and telephone number. Letters may be edited for length and clarity.

Misunderstood And Misquoted

There were things I said about growing up in my family in the article about me ("Travelers through the Underworld," August 5) that were misunderstood and misquoted. I have nothing but respect for my mother, who's passed away, and my father and my brothers, who like me have had a hard life since being through a lot of pain. In the future, you have to be more careful about what you print in your paper.

Henry Rios

Loved Judith Moore

I loved Judith Moore's piece about breakfast ("Goodbye in the Morning," October 12). It should be used in every course taught about the art of writing memos. Absolutely breathtaking!

Charlene Baldrige
San Diego

Possibility Of Perjury

Kudos on your report of city council member Scott Harvey's refusal to vote "yes" on a future San Diego Housing Commission proposal ("City Lights," October 12), pending resolution of various controversies in which the commission is embroiled.

The unwillingness of the San Diego Housing Commission to participate in even a mere controversy-resolving "workshop" strikes me as being part of a pattern of commission recalcitrance regarding even the mildest of investigations. The commission does not like investigations and does its best to thwart them.

Currently it is attempting to thwart a single "workshop" to consider such comparatively innocuous issues as the propriety of the SDHC's ownership of the Maya Apartments.

This past July, however, the 1994-95 San Diego County Grand Jury's investigation of the housing commission considered weightier matters: 15 of the 18 points of inquiry questioned the housing commission's (allegedly unassisted) handling of public funds.

The jury's report instructed the housing authority (i.e., the city council) to respond to 15 of its 18 findings. These instructions were

specific. They were also appropriate, since the housing authority is specifically charged with watchdogging the commission. At least theoretically, the housing authority/city council is ultimately responsible for any possible malfeasance on the part of the housing commission.

But the jury's instructions were not followed. Instead, the housing commission itself rather than its authorized overseer prepared the required reply. The privilege and responsibility of housing authority regulation of commission actions were effectively reduced to mere approval of the commission's responses to grand jury findings.

In May and June of this past year, I and other private citizens (and the office of Senator Lucy Killea) requested that the California Tax Credit Allocation Committee (TCAC) investigate the possibility of perjury on the 1995 application for a \$4 million tax credit by commission favorite-developer John B. Walsh.

Details of TCAC's response to this citizen-initiated request are murky at best, but a memo from TCAC staff member Rick Lowry details information regarding Walsh's possibly perjured financial history purportedly provided by the SDHC. The information released by the commission, as reported in this memo, was so incomplete, possibly even inaccurate, as to lead Lowry to factually incorrect conclusions and advise TCAC to drop the investigation. This in turn resulted in a total media blackout regarding an investigation which had the support of Senator Killea.

Almost ten years ago to the month a series of controversies, allegations, and scandals stormed around the San Diego Housing Commission, triggering a needed series of investigations and the eventual departure of then-executive director Ben Moskow. The unfortunate history of this agency—whose 1995 budget of \$117 million was 85 percent derived from federal funds—shows that, like any agency charged with disturbing public moneys for the public weal, the housing commission does need watchdogging. Whether this is in the form of "workshops" or bona fide investigations makes little difference. The need is clearly there.

So I say "hats off" to Scott Harvey for his strong stance. Taxpayers, assistance recipients, and disbaring agencies need people who are not afraid to take the unpopular position.

Bill Van Cleave
Golden Hill

Entertain Us!

My response to Anne Albright's September 28 "Kid Stuff" seemed to have made Jack Albright's face red (Let-

continued on page 49

Reader

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You scratch my back. Elevated eyebrows have greeted the move by Senator **Dianne Feinstein** to get Democratic moneybags **Murray Gellman** nominated as a federal judge here. Though he hasn't practiced law for years, the San Diego National Bank honcho has other credentials: not only is he a regular and generous Democratic contributor, but none other than ex-**Jimmy Carter** aide **Midge Costanza** has been on the bank's board since 1983. During that time, according to bank disclosure documents, the 62-year-old liberal political operative has handled the likes of ex-congresswoman and Gellman's favorite **Lynn Schenk**, would-be governor **Kathleen Brown**, and Senator **Barbara Boxer**, as well as having regular duties for the Democratic state central committee. Another of Gellman's most stalwart backers is the City Club's **George Mitrakovich**, who reportedly wrote a letter to the White House complaining that Feinstein, whose advisory screening committee by one account rejected Gellman, was holding up the nomination. Next Tuesday, the City Club throws a lavish bash in honor of yet another well-connected local Democrat, Ambassador **M. Larry Lawrence**. The event's sponsor? San Diego National Bank. — M.P.

Trick or campaign donation? Forget Halloween. For Republican fat cats, the time to party is November 1, when the local host committee to the 1996 GOP convention throws a big party at the convention center for the committee on arrangements. The 58-member group, with at least one member of the Republican National Committee from each state and U.S. territory, will be in town for an intensive planning session, according to spokeswoman **Anne Gerlin**. It's their first get-together since being appointed last July by RNC chief **Haley Barbour**. Gavin won't comment on whether the committee will accept reported fundraising problems and the tug of war between the city and the port over convention center expansion. No word, either, on whether **Mayor Susan Golding** will be privy to the talks — although she is expected at the reception, along with her ex-husb, host committee honcho (and former First Son) **Jack Ford**. Golding sold ads for the *Del Mar News Press*, which Ford owned in the early 1980s with longtime **Pete Wilson** confidante **George Gorton**, who later dated Golding and, in 1992, helped run her successful campaign for mayor. — T.K.A.

Back to the dugout As if watching his Padres crash and burn wasn't enough, Texas mega-millionaire and liberal Democratic kingpin **Johan Moores** is smack in the middle of a legal battle between two computer outfits he founded. BMC Software of Houston is suing seven of its former engineers who went to work for Peregrine Systems in Carlsbad, alleging they are in a position to use trade secrets they learned while working at BMC. Peregrine and the seven engineers, in turn, are countering BMC, saying BMC initiated the legal action to prevent Peregrine from going public. Moores founded both BMC and Peregrine in 1980, but in 1992 he resigned as chairman of BMC to concentrate on his work with Peregrine, of which he is also majority owner. According to the suit, the exodus of BMC software engineers began in March 1994 and continued through last May. Moores, who is chairman at Peregrine, didn't return phone calls. His personal assistant, **Margaret Woodrum**, says, "This is not something Mr. Moores would say to comment on." — T.K.A.

Wet Kisses and a lawsuit Hershey is hopping mad over media reports that it is moving its entire Hershey Kiss operation from Pennsylvania to Mexico — reports that led flamboyant Ohio Congressman **James A. Traficant, Jr.**, to remark on the House floor, "Will the Hershey Kiss become known throughout America as the Titanic Kiss?" No, says indignant Hershey corporate communications manager **Natalie Bailey**. Only the "Giant Kiss" part of the factory is moving to Mexico — and not to Tijuana, but rather Guadalajara. "We only employ about 100 people in our Guadalajara facility, so people won't be losing jobs over this." — Latest flap to hit the San Diego Housing Commission: a 31-year-old white man, who says he was unfairly laid off while a young white man and a black woman were rehired, claims he's the victim of race and age discrimination and has gone to court. — T.K.A.

Contributors: Matt Potter, Thomas K. Arnold

The Reader offers \$25 for news tips published in this column. Call our voice mail at 231-3000, ext. 440. Or fax your tip to 231-4889.

Monied Pol Takes On the Guru of Wealth

By Thomas K. Arnold

Before he was elected to the state assembly, Steve Peace was best known as the director of *Attack of the Killer Tomatoes*, the 1977 horror spoof that went on to become a cult classic. Peace is now a 13-year veteran of the state legislature, where he currently serves in the senate at an annual salary of \$71,000. Even so, he is still deeply enmeshed in the details of his business, according to legal documents that surfaced in connection with a lawsuit filed by self-help guru Tony Robbins against Four Square Productions, the National City Film production house Peace and a college buddy founded back in 1972.

The dispute that led to the lawsuit concerns one of the "Mastery University" seminars Four Square produced for Robbins Research International in March 1994 at the ritzy Pointe Hilton Hotel in Phoenix, Arizona. Four Square claims Robbins is liable for \$34,166.19 in charges the hotel billed to Four Square Productions during the five-day "Financial Mastery 1995" session.

Despite the nominal amount in question — the production budget for the event was more than \$200,000 — the dispute has escalated into a bitter war of words that is now headed for court — a course of action Robbins Research International executives claim was triggered by a three-page letter written by Peace and personally addressed to Tony Robbins, whose celebrity clientele includes President Clinton, Olympic medalist Mitch Gaylord, and Hollywood screenwriter Jeff Arch (Shogun in Seattle).

In the September 7 letter, Peace identified himself as Four Square's chief financial officer and demanded immediate payment. "A review of the invoice forwarded by the Pointe Hilton reveals that these charges are clearly unrelated to any Four Square responsibility," Peace wrote. "For example, one such invoice is apparently for damages caused by a Robbins employee while operating a hotel golf cart."

That's all well and good, Robbins executives say. What irks it is that Peace then proceeded to cast doubt on the company's financial solvency. "We continue to be concerned about the unwillingness or inability to pay your obligation to Four Square," Peace wrote. "We expect that obligation to be satisfied in full. If you have a cash flow problem which necessitates a discussion about a payment schedule we will accommodate such a discussion." Peace then forwarded a copy of his letter to the Pointe Hilton and to Robbins's home address.

Less than two weeks later, Robbins Research International filed suit in San Diego County Superior Court, denying any obligation and further accusing Four Square Productions of "disseminating information into the marketplace to the effect that Robbins is perhaps incapable of paying its obligations.... Robbins seeks to put to rest this issue before additional damage is suffered to Robbins's reputation and business relationships in the marketplace that will result in litigation between not only the parties to this action, but also to other third parties who may take

action based on the claims being made by Four Square." Robert Fuesler, Robbins's attorney, will only say, "We are trying to resolve this dispute, and hopefully there is going to be a business resolution as opposed to an adjudicated one." San Georges, the company's chief operating officer, acknowledges that there is a "minor dispute" and that Robbins initiated legal action, but he won't comment further, other than to say, "We hope this matter will be resolved amicably."

A source close to Robbins Research, however, says tempers have yet to cool down over Peace's letter. He finds it unusual that Peace would be so involved in the dispute. "He's into this up to his eyeballs," the source says — given his status as a full-time state lawmaker whose salary is paid for by taxpayers.

Peace did not return repeated phone calls. Gary Garbacz, Four Square Productions' attorney, says he is preparing a counterclaim that he expects to file as early as this week. He denies allegations of impropriety on Peace's part, saying the senator only got involved in the dispute "at the directions of the board of directors, and his involvement is purely related to his role as chief financial officer."

Gary Huckaby, media director with the state Fair Political Practices Commission, says there is nothing untoward about legislators maintaining their own businesses on the side — even though California is one of the few states to maintain a full-time body of "professional" legislators. "There is no requirement in state law that a legislator have only the sole job of being a legislator," Huckaby says. "Even though they refer to legislators as full-time, many of them have law firms and even so, he says, most legislators 'are firms and insurance practices.'"

Even so, he says, most legislators "are legislators full-time, but not because they are legally required to do so."

Ruth Halton, executive director of the California chapter of Common Cause, the national citizens' advocacy group, has no problem with Peace's moonlighting either — as long as he doesn't let it interfere with his job as a state legislator. "Officially, it should be a full-time job, but the legislature ends in September and that's when some members of the legislature do some stuff on the side," she says. "Our only concern would be if it presents a conflict, if he's working on something that conflicts with what he's working on in the legislature, or if he represents clients who have business before the legislature."

In truth, Peace has been mixing his business with his political career for years. In the early 1970s, Peace and a college buddy filmed football games for high school and college coaches and recruiters by 1972 their business had become so lucrative that they established Four Square Productions, specializing in sports, commercial, and corporate films. *Attack of the Killer Tomatoes* was done on a lark in 1977 and went on to spawn three sequels. In the meantime, Peace had embarked on his political career, working first as an aide to former assemblyman Wade Deddeth and Larry Kaplowitz and then, in 1982, running for his own assembly seat.

Four Square Productions, of which Peace owns 29 percent, subsequently landed several lucrative political consulting contracts from Deddeth, as well as Peace himself. The *Los Angeles Times* reported that in 1986 alone, the two paid campaign funds for various services — although in an interview Peace downplayed the significance, maintaining that payments from his and Deddeth's campaign committees amounted to less than 5 percent of Four Square's income.

Peace's involvement in the dispute has not yet resulted in any action on the part of the state ethics commission, which is charged with investigating alleged conflicts of interest. The commission has not yet taken any action on the part of the parties to this action, but also to other third parties who may take

ANTHONY ROBBINS COMPANIES
JACK WHITE COMPANY
Robbins's corporate headquarters, Golden Triangle

Sex Crime Rap Against the Navy

By Matt Potter

The court-martial of Captain Everett L. Greene, a San Diego-based Navy SEAL accused of chasing after two junior female

officers, got under way last week in Washington, D.C., with prosecutors airing a series of written missives, including a loveless poem worthy of a ninth-grade Latin class. The case has drawn national publicity, including a front-page story in the *New York Times*, which featured a sidebar about an alleged sexual assault in a San Diego hotel by three sailors from the aircraft carrier *Nimitz* against a female crewmember just last May.

The Navy's defenders continue to argue that such incidents, including the notorious Tailhook fiasco, are just random acts — or even figments of female imaginations — having nothing to do with Navy culture or the administration of its in-house justice. But an Ohio newspaper has concluded differently. Using sophisticated computer analysis and reams of data reluctantly supplied by the Pentagon, the *Dayton Daily News* has discovered that San Diego Navy bases rank second in the world among U.S. military facilities for rape and other sexual assaults against women.

The Marine's Camp Pendleton ranked fifth. The paper's eight-month investigation also found that many cases of sex-



Navy personnel, Lytton and Buena Vista Streets, Point Loma

to use the government to obtain the material it used to prepare its investigative series, the paper argued that the military justice system is "shrouded in secrecy," the better to conceal its grim statistics from the public.

The bottom line for San Diego, it appears, is that Navy sexual assaults have grown to be a serious, if hidden, problem. According to the newspaper's findings, Navy and Marine Corps bases in Japan, with about 41,000 personnel, reported the highest number of sexual-assault defendants since 1988, 169. Then came San

Diego, with 93,792 personnel, at 102, followed by Norfolk, Virginia, with 90, Camp Lejeune, North Carolina, at 70, and Camp Pendleton with 66. Russell Carroll, the lead *Daily News* reporter on the story, points out that the actual number of reported sex crimes is probably ten times higher than those eventually charged. He also discovered that even many of those who enter the military justice system here emerge with favorable sentences. And none of these crimes are ever included in the local crime statistics published regularly by the FBI.

"There are no sentencing guidelines at all," Carroll notes. "I've got Coast Guard guys who got convicted of rape and they walked. That's the whole point of why we did this series."

Among the 102 San Diego-area defendants, he says, 37 were tried for rape, and 13 were actually found guilty. Of those 13, he says, two got 10-year sentences, two got 7 years, one got a year, one drew 1.5 years, one 3 years, one 2 years, two got 1-year sentences, and one each got 10, 9, and 6 months, respectively.

He points to two 1991 San Diego cases, taken from his computer database of more than 100,000 official records, as especially egregious examples. One involved a sailor convicted in a general court-martial of rape and conspiracy to rape. According to records of the case, the maximum possible sentence was life in prison. The actual sentence was 6 months and a bad-conduct discharge.

Another example cited by Carroll from his database was

a sailor who entered a guilty plea during a special court-martial here to charges of rape and sodomy. He received a sentence of just 9 months behind bars. Overall, the paper's investigation found, "half of the 1400 Navy and Marine Corps defendants were acquitted or sentenced to 30 days or less. More than 70 of those convicted were sentenced to no jail time."

According to Carroll, Camp Pendleton had a better

record for tougher sentences, but there were still glaring exceptions. Of 66 sexual-assault cases reported there, 49 were found guilty of a sexual assault. Out of 10 rape convictions, the shortest sentence was 18 months, but the most severe was life in prison and another was for 40 years.

Specific examples of Pendleton cases furnished by Carroll include one involving a Marine found guilty of

continued on page 9

Military locations with the most sexual-assault cases

Below are the locations where military courts charged the most personnel with rape, child molestation, and other sexual-assault cases since 1988.

Navy/Marine Corps sites*

Ranking	Location**	Total military personnel	Number of defendants
1	Japan	41,008	169
2	San Diego	93,792	102
3	Norfolk, VA	113,004	90
4	Camp Lejeune, NC	40,000	70
5	Camp Pendleton	33,000	66

Air Force bases

Ranking	Location	Total military personnel	Number of defendants
1	Hettit AFB, NV	7,020	26
2	Kadena AFB, Japan	5,964	23
3	Hensley AFB, MS	4,948	22
4	Ramstein AB, Ger.	7,726	21
5	Eglin AFB, FL	30,059	21
32	Wright-Patt.	8,754	13

* Navy and Marine Corps numbers include only defendants tried.

** A single location may include more than one installation.

NOTE: The Army refused to release its rape and sexual-assault records.

SOURCE: Dayton Daily News computer analysis of court-martial records held by the Air Force, Navy, and Marine Corps.

CITY LIGHTS

Pols and gurus

continued from page 4

come. Four Square that year paid Peace more than \$10,000 for personal services and royalties, the Times reported, while his wife was paid between

\$1001 and \$10,000.

In 1987, Peace came under fire when he got Constantine Dillon, a high school classmate and co-writer of the *Tomatoes* movies, a cushy government job. Dillon was officially designated as then-assembly speaker Willie Brown's assistant for San Diego, but he worked out of

Peace's Chula Vista office. He took an unpaid leave of absence in June of that year to help Peace write *Return of the Killer Tomatoes*, the first sequel to the original.

Four Square Productions began working with Robbins Research International in 1993, with the hire of Greg

Anton, who had been producing the company's live productions since 1990. "When Greg Anton joined Four Square, he brought with him some of his clients, including Robbins," attorney Garbacz says. Since then, Four Square produced several seminars for Robbins, at an average of \$200,000 a

pop. The Phoenix show was the last.

Students of Robbins Research International's "Mastery University" pay \$8000 in tuition for what Tony Robbins, in a promotional letter, calls "18 unforgettable days of profound knowledge, master teachers, and unbelievable

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CITY LIGHTS

continued from page 9
information about the rate of military crime here—or how it might be affecting overall crime rates. "Basically I have no idea about that," says one official who keeps track of criminal statistics for a large local government agency. "It's at the discretion of the officers who respond. If they decide to they can just hand the whole thing over to the Navy to take care of. There is a lot of discretion about how to report stuff like that." A staffer for the San Diego Police Department wasn't even aware that military crime is not reported to the FBI and therefore not included in local crime statistics. "I guess it's a Navy jurisdictional thing. They keep track of it themselves."

Because federal grants for law-enforcement assistance to local police departments are based on the official FBI statistics, omitting the military's impact on crime here may be depriving the city of its fair share of federal funds, notes Carollo of the News. A 1988 law was intended to force the Navy and other services and government agencies to divulge their crime records, but Pentagon officials have blamed lack of funding and computer status for delaying compliance.

In addition to its other problems with sexual-assault cases, the News claims that the Navy, along with the other armed services, has a policy of withholding fingerprints and other criminal-history data from FBI records. According to the paper's account, military officials are "lax" in forwarding fingerprints taken from their arrestees to the FBI master file. One ex-FBI official told the News the compliance rate was as low as 20 percent. As a result, the paper says, the records of sailors convicted of serious crimes and allowed to resign are omitted from FBI scrutiny.

Finally, the News investigation found that the criminal records of military personnel are often expunged. It cites the case of an ex-Marine who returned to his home in Ohio after being charged in California with breaking and entering and theft. He was allowed to resign from the corps rather than face trial, but nevertheless had to "admit that he committed one or more of the offenses." After the ex-Marine applied for a job in Ohio law enforcement and was turned down because of his record, he got his congressman, flamboyant Democrat James A. Trafimant, Jr., to write the military requesting a review of the case. The man's criminal history soon vanished from FBI computer files without a trace.

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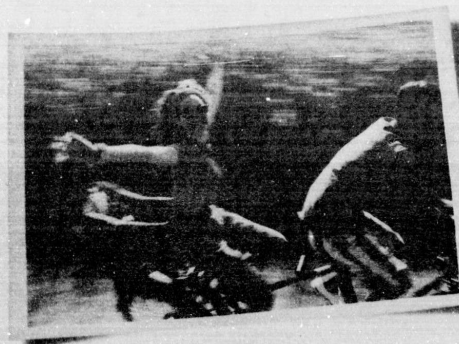
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Stretch run, Del Mar Racetrack

From Turf to Foolproof System

By David Martin

There are two things that will drive any one crazy: heartbreak and a run of luck in gambling.

Each year my friend, Doug, worked on the sound system at the Del Mar Racetrack. By the time the season started, except for occasional emergencies, he had little to do except watch the races.

While none of them survived the reality of live bets, some of them did win in the beginning, allowing us to experience the illusion of believing that we had a foolproof system for gambling. We eventually became hooked by the Grand Illusion: we would be the first to connect the perfect system and make BIG money at the track.

In our betting, not only was the amount of each bet, but also because we concentrated on show bets (i.e., you win if your horse comes in either first, second, or third), which prevail so frequently that it is next to impossible to lose a lot of money.

Show bets, however, not only lose the least, but their payouts are so small that it is equally impossible to make any real money by concentrating on them. Eventually we became braver and began to bet on horses to win. We found that we did best by using a system that bet on horses with long odds, using the "million-dollar move," an ancient system that sought to determine if a horse had been purposely held back in a previous race. In 1980, we netted \$3300 during the course of the Del Mar season.

After that our previous caution was abandoned. If we

could only win enough seed money at Del Mar in 1981, we could go full-time, playing both Santa Anita and Hollywood.

Our primary resource was approximately 100 pounds of back issues of the *Racing Digest* and the *Daily Racing Form*.

While we discovered that some betting plays that made money in 1980 would have lost over a longer period of time, other bets still looked promising. We were attempting to exploit a break in the odds that we had discovered in the "exotic" bets, the four exactas and the daily double.

The daily double requires picking the winner of both the first and second races. The exactas require you to pick both the winner and the second-place horse in the right order to win. These are long-shot bets. It's tough enough to pick the winner in just one race when normally eight to twelve horses run it.

The key, we surmised, was understanding the psychology of the average bettor. Most of them are not really there to win money; they want the ex-

perience of being a winner. If you pick a winner, you get to go to the teller. He gives you money, you feel good, you brag.

Making money at the track, however, depends on whether the payoff exceeds the risk. For instance, if you bet a single horse to win on all nine races and you win four of them, an excellent day, but your picks only average a 2-to-1 payoff, you have still lost money. On the other hand, if you bet on nine horses and only one of them wins, but does so at 10-to-1 odds, you make money.

While the payouts of "exotic" bets are quite high, any single combination (especially one that contained any long shots) is unlikely to win. Consequently the most common exacta bet is called a "baseball," where the bettor picks the three horses considered most likely to win and bets all possible combinations, a total of six bets. Because of the difficulty of picking both the number one and two horses, the vast majority of bettors' baseball favorites and those combinations are almost al-

ways overbet. This makes the payoff on the favorite combinations to be less than their true odds which improves the payoff for bets made on long-shot combinations. The best way to exploit this break in the odds was for us to bet the exactas and daily doubles with a solitary combination, picking a long shot to win and to give us some remote chance of winning, a favorite to come in second.

We would not even consider anything that was less than 10-to-1 odds. When we did bet these more sensible odds, the horses that carried them were looked at with disdain, a bare threat above the favorites everyone else was betting. We preferred the 15- or 30-to-1 shot and indulged in odds that were higher.

We did have a method that had proved to be stunningly prescient at picking long shots, a tote board play that we dubbed "the drift." We would watch the opening odds flash on the board, paying particular attention to those horses that opened at odds less than

continued on page 14

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Foolproof system

continued from page 12

those predicted by the track handicappers. If the odds drifted higher and finished at least twice as high as they had begun, it was a bonafide drift. We had watched this pattern for a year and a half, and it had won on every 12th to 13th bet while paying an average of 18-to-1.

The drift made some theoretical sense as well. It is accepted that a knowledgeable trainer would be likely to know when one of his horses is going to perform better than expected and would bet accordingly. His bet would represent inside money, which is known as "smart money." The trick was to watch the tote boards and try to find the trickle of smart money in the

ocean of dumb money. Many bettors assumed that one caught smart money being bet when it appeared on the tote board as greedy "big clumps." Such action, however, caused the tote board to show a sudden drop in the odds and every track rat at the park was on the lookout for that. The smart move was to deposit the greedy clump right at the very beginning of the betting before any odds had been posted. This would cause the odds on this horse to be unusually low at first, but these odds would gradually "drift" higher as the betting progressed.

Contrary to the drift, our second system for picking long shots, the 12D daily double, did not make any theoretical sense. The Racing Digest published a speed rating for horses, which was listed as 12D, and this system had never been effective at picking horses to win, at least at a profit. But for three straight years, using the highest 12D to pick the horses for the daily double had made a substantial profit at Del Mar. There didn't seem to be any reason why it should continue to work, but since it had made us so much money in 1989, we considered it kind of traditional. Besides, it was only one pick a day.

Unfortunately, we had decided to try to develop a third way to pick long shots. I had dropped everything in my life for the pursuit of horseplaying fame and fortune. I had studied every relevant handicapping book, created my own speed-handicapping system, and scoured every possible fact to be found in the *Daily Racing Form* and *Racing Digest*. From all this, I would pick out prime possibilities for long shots. For the Hollywood

season that preceded Del Mar, I practiced my prowess and I ran a string of wins, ill-timed lucky guesses.

But we needed more than a system, we needed seed money. We had planned to bet \$50 exactas and daily doubles and we wanted a hundred bets — \$5000. That was more money than we had, so we convinced some of our friends to invest in this scheme.

At last Del Mar began. Just hours before the first race, Doug and I had a meeting. We decided to throw out the 12D daily double bet.

It won. The first daily double paid \$50, which totaled \$1250 for a \$50 ticket. We were off our system on the first bet of the season and it won. All other bets on Day One went bust.

Day Two, however, was glorious. In the third race, Doug spotted this beautiful

little drift at 15-to-1. It was live and our second pick in the exacta also came in. The exacta paid \$654.50, which totaled \$6545 on a \$50 ticket. Adding \$785 for our win ticket made our total winnings \$7330 for one race.

Doug was a happy guy. He worked on the roof, which had the best view of the entire track; all the major handicappers and sports writers worked up there. It was the nerve center of Del Mar and not the sort of place to whom it up if you wanted to keep horseplaying's greatest wagering plan a secret.

The "plan" had that figured out. Doug was to wait until the races were over and sneak down to the lower level to cash his tickets. But it was no paper plan that had just experienced one of horseplaying's greatest rushes. Doug did make an effort to cash the

ticket when no one else was around. That was easy since no one else on the roof had a winning ticket. But it takes a longtime to shell out \$73109 bills — counted twice — and by the time the last bill had been counted, Doug had become a celebrity.

The cashier, who had been on the roof for several years, told him that it was the largest hit on an exacta that he had ever seen. It was the kind of hit that elevated Doug's status on the roof, particularly since he nailed another drift later that same day and cashed in another \$1000 of winnings.

Before then, Doug had been a faceless worker to most of the handicappers, but it was "Hi, Doug" afterward. Previously when Doug had been in line to make a bet, heavy hitters standing nearby would whisper if they were discussing

continued on page 16

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An Open Question to Attorney General Janet Reno and City Attorney John Witt: How much longer are San Diego FBI agents going to be made to look like a bunch of fools by a crooked vendor, deceived news media and a handful of corrupt politicians in federal and San Diego City governments?



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"There is no such thing as science fraud," bellowed a hostile, loudmouthed FBI agent in my face — with no credible cause for his crude and errant demeanor. He then refused to give me his name when I asked for it. I was unlawfully treated like a criminal — rather than like a victim seeking justice — by both San Diego City government and the FBI.

The FBI agent tried to intimidate me with his bluster — presumably as ordered. I was shocked. I was humiliated. I was outraged. I was speechless — but I was — most assuredly — not intimidated.

That was more than a year ago. Further study shows the FBI was not merely lied to and deceived. It was not merely lied to and duped. The FBI was lied to and corrupted by a corrupt Department of the Interior — insofar as these matters are concerned. In turn, the FBI lied to the local Sheriff's office — causing the former San Diego Sheriff to halt an investigation that was just getting started.

The CS Mesa (Geological Survey Mesa) involves crime and corruption within the Department of the Interior and San Diego City government of historic proportions — even repulse with the *Blatant Gage Break-In at Barrett Reservoir* — all held in deep secrecy. There was no credible reply, whatever, to my complaint — just clam up!

I asked a former San Diego Congresswoman, who has knowledge of these matters, and our patent counsel to go with me to the FBI. Both are lawyers.

On September 22, 1995, I went to make an appointment for the three of us to meet with the FBI. I took my irrefutable mathematical and scientific evidence — that the patent counsel could reach for — for the FBI to review in advance of the requested meeting. It was about 2:00 p.m. when I arrived at the FBI building.

I was and remain of the belief that if a citizen goes to the FBI to report a crime against the federal government and to present proof — of defrauding the government — he should be heard. I was kept waiting in a reception room thirty or forty minutes — which I did not mind — being respectful of law and understanding of the fact that law enforcement officials carry exceedingly heavy burdens. I was told the agent who was to see me was on the phone.

After another prolonged period, two new hires came to the waiting room. I was told the anonymous party on the phone did not want to keep me waiting any longer. They would talk to me. We went to a small conference room.

They soon let me know that they only had a few minutes of time available — that they had to go to San Ysidro for duty along our border with Mexico. Even that was understandable, although I was beginning to feel pretty frustrated. The senior of the two novice agents, who had been with the FBI "about two months," soon excused himself and was gone for a considerable period.

Their available time before going to San Ysidro — by his statement — was over when he came back. He said he

had phoned the agent I had talked with before. I was told this agent said they had previously taken my matter to the U.S. Attorney, where it was rejected from consideration. I hadn't heard this little gem before. He did not give me any cause. It was fully evident that the self-proving and otherwise extensively documented material had never received a modicum of credible attention. The senior of the two novices said they would give my material to the same agent who had it before. I was ushered to the door. It was fully evident that this subject will again be mishandled and subjected to clam up.

Corruption of local government administrative processes, as documented for San Diego, has occurred in hundreds of towns, cities, water utilities and local agencies all across America.

Where in Heaven's name is the Geological Survey's Mathematical Equation? Quite simply — it has none. Errant mindsets have brought thirteen years of procurement fraud in the environmental sciences — since 1982 — with kinko specs as lacking in credibility as kitchen fasion.

San Diego Reader/October 19, 1995 15

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CITY LIGHTS

continued from page 14
their play. But after the hit, they would talk quite freely when he was in it, as if he were getting an approving nod from the roof's newest genius. But the roof was also deep in experience. As Doug was leaving with over \$800 tucked in his boots, a track official warned him, "It's only a loan, Doug. It's only a loan."

We upped our bets from \$50 to \$120. We were now \$7000 ahead, giving us a total of over \$12,000, which divided among 100 backers was \$120 apiece.

Upping our bets, we knew, was risky. But if we were going to become professional gamblers, we were going to need healthy seed money of \$50,000 or more.

The drift went into a slump and the 121 daily double was having none of our tardy entrance.

My mind was increasingly distracted by "Doug's case." I called it "Doug's case" because he contracted it before I did.

When I started noticing the symptoms in Doug, his speech had slowed (though he rarely spoke anymore), and his breathing had all but stopped. It was his eyes, however, that I noticed most distinctly. They always seemed to stare straight ahead and didn't seem to focus on anything.

Now both of us were losing money during the drought, but for me it had been a numbers on paper sort of thing. For Doug it had the ache of cold hard cash reality. One part was fighting within himself saying, "Stop, stop you fool," while the other part was dragging him to the barred window. He somehow knew that the first scheduled bet that he refused to make would inevitably come in.

It was hardest when he made "multibets," betting more than one combination in a single race. Profits did not occur on schedule; some days there may not be any drifts and then a single race might have as many as three. When that occurred, he would bet the exact three different ways — four if I had a separate pick — and more if we were to combine the drifts.

This was counter theory, but the 121 daily double had brutalized us, so we didn't want to test fate again. On one race, for instance, we had six exacta tickets at \$120 a shot, or \$720 for one race alone. Doug's inner struggle was getting very intense because we were losing nearly \$1000 a day. We held a conference to cut down the amount of our losses and decided that the opening day 121 daily double win was almost a fluke, and there was no reason to

continued on page 18

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CITY LIGHTS

continued from page 16
throw good money after bad. Hours later, the 120 daily double won. It paid \$99.80 for a \$2 ticket — that's \$5988 for a \$120 ticket that we didn't bet. Doug was devastated. His input on our betting ceased after that point, possibly because his continued breathing required his entire attention.

I began to go to the track to fork over the cash. I began to notice effects of Doug Disease. I noticed that my arms and legs felt heavy and my entire body seemed to have grown numb. With Doug Disease I would say, "think" and nothing would happen. To be honest it was getting harder and harder to come up with anything as original as thinking. So now, with both of us mentally prostrated, there was little chance of making any critical changes in strategy. I like quitting. Before it was all over we did get another hit. We had just won \$3000, and we acted as if disaster had struck again. And it had. At the rate we were losing money, \$3000 was just a brief respite from doom. We needed a big hit, and we had wasted our luck on this \$3000 trade.

My girlfriend went with me one day, she'd invested \$1000 in this scheme. By the end of the fifth race (and three dead bets), her breathing became labored. We left the grandstands so she could lie down. I couldn't watch the tote board, and two drifts went off in the sixth race. One of them missed by a head to the other, which hit at about 14-to-1.

In the ninth race, two more drifts began almost flawlessly, but then three-quarters through the betting, the crowd jumped on those picks with fury. One of them dropped from about 12-to-1 all the way to 3-to-1. Since this unusual betting action took place immediately after the previously successful drifts, it was a good guess that the drift was no longer our personal property. For the rest of the season it was dead.

By that time we were all but broke anyway. We tinkered with a play we dubbed the "midrace move" and won a 7-to-1 win ticket at the very end when we had sunk to miserable \$20 bets. We realized that we should have quit before the last dollar was gone, but we were into being noble about the whole thing. Approximately two-thirds into the season, the last bet disappeared behind one of those barred windows. ■

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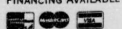
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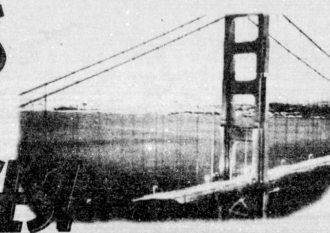
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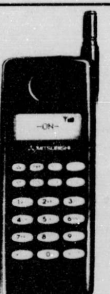
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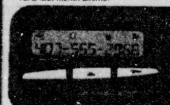
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STRAIGHT FROM THE HIP

BY MATTHEW ALICE



Don't let me down!
We've got a lot riding on this one, Mr. A. I could win myself an entire Saturday with my husband in tow, doing the "sacred DO list." On the other hand, I may end up slaving in a hot kitchen, preparing a meal second only to those cooked in Buckingham Palace. So, where was the phrase "fade to black" first used? Was it theater or television? Should I tell you what I hope the answer is? Are you really mean enough to send me to the kitchen all Saturday?

—Tying Up My Apron, Making a List, San Diego

Hah, I'm not with your collective psyches every day. It's one of the few perks I still enjoy. Just knowing I have the power to screw up your weekend is plenty for me. I don't actually have to do it. Better yet is the chance I get (like now) to keep a domestic stand-off going well into extra innings. This week, the Alice moon is in the Seventh House (in my case, that's the House of Naugahyde, on 30th Street in North Park), a traditional good-luck configuration, because, strictly speaking, you're both wrong, though the TV better is at least in the ballpark.

Before "fade" was a haircut or a crap bet, it was a technical direction in film. Dates back to 1904, according to the Guinness Book of Movie Facts and Feats, when a little diversion called *The Old Chatterbox* used it as a method of exiting a scene. "Fade in," "fade out," and "fade to black" are still standard film directions. I'm a little wary of facts offered by people so heavily involved with beer, but in this case, I'll take my chances.

Probably as a spinoff of film terminology, all three "fades" are used in live television, too. "In black" means there's no video signal. You can fade up from black or fade to it. The director of a live broadcast would use those as orders to the switcher, who would then move the lever that actually did the fading.

Theater lighting was fairly primitive, even after the advent of electric lights. "on" and "off" (as in a "blackout") was about as subtle as things got for quite a while. If you bet on the theater, consider that you only have to match a dinner at Buckingham Palace, which, of course, is in England, the slough of world cuisine. Just boil strange organ meats and serve them with plenty of warm beer in the darkest room in your home, and you've met your obligation.

Matthew Alice:

This is the second time I find myself typing a letter to you about the same subject. I sent the first letter some months ago. I had written you about the illegal drug Ecstasy. I am trying to persuade several people I know not to do it, but according to all the files and books I have read, they cannot determine if this drug causes brain damage, and it is getting harder and harder for me to tell my friends not to do it. I would appreciate a reply soon.

—Kaveng, San Diego

This is a question better sent to Dear Abby, but I'll take a swing at it anyway. You're right about the research. Ecstasy (MDMA) is chemically related to methamphetamine and hallucinogens, has been used by psychiatrists as a therapeutic aid, and has been through several incarnations as a popular street drug. In fact, the stuff's been around since 1914, when it was created as a weight-loss pill. Recent animal studies at Johns Hopkins suggest that the drug destroys the axons of brain cells that create serotonin, which is a mood-related chemical. When the axons grow back, they're deformed and don't reconnect in their usual pathways. But the long-term implications of this are unknown; and the scientists tested unusually large doses by injection, not in pill form.

The few deaths (human) attributed to Ecstasy have been from heart arrhythmia and hypothermia, possibly in people who had some pre-existing heart problems and who might have mixed MDMA with other drugs or alcohol. How many 20-year-olds think there's anything wrong with their hearts? And MDMA is illegally manufactured, containing who knows what as an adulterant. It's not unusual for Ecstasy to contain some heroin. But that wild card undoubtedly adds to the thrill of the experience for your raving friends.

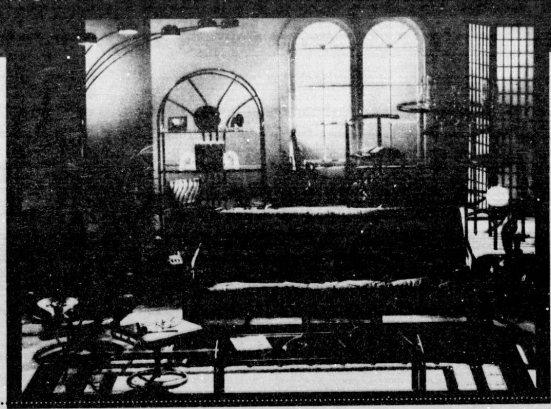
And even if they should give up MDMA, there's a perfectly legal item that mimics it. Herbal Ecstasy, that's marketed as a "food supplement," as vitamins are, so it's not regulated like a drug by the FDA. H.E. is loaded with botanical ingredients high in caffeine, circulatory stimulants, and ephedra (an herbal form of the stimulant/decongestant ephedrine). Ephedra is on its way to being a controlled substance, since it's now used in meth labs as a non-smelly alternative to ephedrine, but that could take a while.

If you're asking me to give you the ultimate, over-the-top fact that will make your friends suddenly giddy in horror, drop their cappuccinos, and flush their Ecstasy down the toilet, well, neither one of us will ever be able to do that. There's nothing more fruitless than offering rational arguments against irrational situations. "Drug" use, including things like cigarettes and coffee, has as much to do with emotion as with logic. Besides, not many people like being told how to live their lives, no matter how wise the advice. Perhaps this slightly modified quote from American theologian Reinhold Niebuhr will help: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference." Move over, Abby. Matt's in the house.

Got a question you need answered? Get it straight from the hip. Write to Matthew Alice, c/o the Reader, P.O. Box 85803, San Diego, CA 92186-5803, or fax your questions to 231-0489, or e-mail to s.d.reader@world.com via the Internet.

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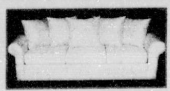
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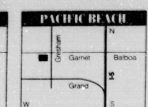
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By Patrick Dougherty

BARRY SWITZER, TEAM MASCOT

SPORTING BOX

This is almost too ugly to talk about. The following subject is so vile, so inhuman, so perverse, that only Nazi youth and people who own waterbees will discuss it in public. Believe me, I hate to bring this up, but sports fans, the Buffalo Bills are 9-1 and have as good a shot as any other team in the AFC of going to the Super Bowl. Let us join hands and chant, "No, no, great gobs of fire, no."

Five years after his resignation from Oklahoma University, Barry Switzer finally found a job in football, now into his second year as head coach of the Dallas Cowboys. Granted, his is an oddball job: his assistant coaches run the team while Barry stands on the sidelines and looks involved, but the money is good. Anyway, Switzer was not hired to coach; his real job is to act as a walking advertisement for Jerry Jones. Switzer carries a large neon sign, strapped on his back, that says, "Anybody can coach the Dallas Cowboys." The inference we are supposed to draw is that Cowboys owner Jerry Jones is so good he doesn't need a head coach.

Which leads us to the "I Have A Job That's Way Over My Head" file. Human wreck and Dallas Cowboys mascot Barry Switzer spoke about parits in the NFL during a pregame radio interview last weekend. He said, "The difference between a bad NFL team and a top team is slight. You have to go out there every Saturday and play your best."

*Memo to Barry Switzer
Re: Shuffling
Barry:*

The NFL plays on Thursdays, Sundays, and Mondays until the college football season is over. There are no Saturday games. Please etch this on your forehead.

Best Regards,

Fan
are the now the fourth best
team in the AFC West. This
week's line is for the San
Diego Chargers, which
favors the Chargers by
only 2 points. The 1995
Chargers' record for San
Diego is 11-5. For San
Diego, all that's left is to
prevent a collapse when
players simply stop play-
ing. The rest of the Sunday
game will reveal. A loss to
Seattle would indicate that
the Chargers are in trouble
again. Already you have
the feeling that if you
look at the clubhouse
door there's a Sunday
game.

Other surprises of
1995: The New England
Patriots. The Patriots
observers had picked them
to get to the AFC Champi-
onship. (Ditto for Pitts-
burgh, now 3 and 1, Kansas City at 6 and 1, and
Before October, a Kansas City sports writer
working in the continental United States under-
stood the Kansas City Chiefs as Kansas City at
5 and 2. No explanation is possible. St. Louis at

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Our
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(12 for 24, 41%)
CHARGERS
SPORTING ROY: 10-6
San Diego, De

From the "One more reason why caters prunes is more popular than professional boxing" file: I know you've all been waiting for the International Boxing Federation to come out with their official October rankings. The IBF, WBA, and WBC are the most respected of the seven accrediting bodies who govern boxing. And since neither the IBF, WBA, or WBC enjoy the respect one would freely give a journeyman burglar, we have difficulties right off the bat.

THIRTY years ago the two glamour divisions in boxing were the heavyweight division and the middleweight division. Ranked fighters were household names. Now, regard the heavyweight and middleweight divisions. How many names presented below, can you recognize? Bonus points will be given for recognizing any name in the middleweight division.

Heavyweight Division (over 190 pounds): Champion, vacant; 1. **Frans Botha**, South Africa; 2. **Axel Schulz**, Germany; 3. **Mike Tyson**, U.S.; 4. **Buster Mathis**, U.S.; 5. **Oleiver McCall**, U.S.; 6. **Corrie Sanders**, South Africa; 7. **Henry Akwande**, Britain; 8. **Art**

THE VEGAS LINE

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GREEN BAY	4 Minnesota	
CHICAGO	7 Houston	
Detroit	-1 WASHINGTON	
TAMPA BAY	3 Atlanta	
CLEVELAND	12 1/2 Jacksonville	
New Orleans	9 1/2 CAROLINA	
San Diego	6 KANSAS CITY	
San Francisco	3 ST. LOUIS	
DENVER	2 Kansas City	
OAKLAND	8 Indianapolis	
	Monday	
Buffalo	2 NEW ENGLAND	

Our Expert Picks

NEVADA BOB: (13 for 21; three pushes, 62%)
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Carry on, big boy.

Carry on, big fella.

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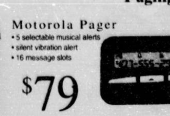
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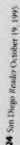
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story and photos by Madeline De Fres

Up to now, I know as little about talk radio as I know about ships. In my kitchen and in my car, dials are stuck on National Public Radio, part of "the liberal media," a preference that brands me with the "L word." Unabashed, I wear that scarlet letter as serenely as the Ash Wednesday cross on my forehead. Listening to the news, I smile at Republican Party efforts to pin the liberal tale on the donkey.

After a few tries, I find the station that carries *The Michael Reagan Show* — 6:00 to 9:00 p.m., Monday through Friday. Later, at a shipboard cocktail party hosted by the Reagans, Mike will tell us of starting out with 5 stations and growing to 100. The show, he proudly reminds us, is rated third in its class, preceded only by Rush Limbaugh and G. Gordon Liddy. "And in evening shows," Mike says, "we're number one."

All of which gives you an idea of where the Ship of Life is headed. My experience with boats is limited and mostly larceny. Unlike 12-year-old Ashley Reagan and her brother Cameron, I know nothing this grand from childhood. At ten I spent half a day on the *Georgia*, an old stern wheeler, navigating the Columbia River from Portland to Astoria. In high school, I visited a classmate in Lake Oswego, Oregon, where we went each day by canoe to pick up the mail. And one soggy summer in Seattle, while I was still a nuck, I sailed, courtesy of the University Yacht Club, on Lake Washington and spent an hour in the rain, dodging the boom.

Literary ships are another matter. As Emily Dickinson says, "There is no Frigate like a Book," and my imaginary cruising goes far beyond the mundane physical. Under Henry Wadsworth Longfellow, I helped build and launch the Ship of State:

Thou, too, sail on, O Ship of State!
Sail on, O Union, strong and great!
Humanity with all its fears,
With all the hopes of future years,
Is hanging breathless on thy fate!

Except for the archaic diction, these lines, complete with exclamation points, could replace one of the Capitol Steps' satirical interludes on *The Michael Reagan Show*.

Inwardly, I see myself breaking a ceremonial champagne bottle with a smart crack over the hull of the Ship of State as I recite Longfellow's lines. In more quiet moods, I spend exotic hours on John Massfield's "Quinquireme of Nineveh from distant Ophir / Rowing home to harbor in sunny Palestine." Looking for adventure, I wrestle the marlin with Hemingway's *Old Man and the Sea*. I'm a ringleader in *The Caine Mutiny* against Captain Queeg. Finally, I suture the pangs of eternal youth *over* fading to read *Moby Dick*.

In such circumstance, it's only natural that I turn to Katherine Anne Porter's 1945 novel, *Ship of Fools*, for the perfect metaphor. Let me hasten to explain that I'm not pointing fingers or calling names. Rather, I invoke a figure of speech from an era when Renaissance citizens entrusted the most delicate of matters to sailors on ships that crossed and recrossed Europe's seafaring highways. These societal rituals of exclusion developed about the time that leprosy was on the decline, and attitudes toward lepers were conveniently transferred to the mad. All this is detailed in the first chapter of Michel Foucault's *Madness and Civilization*.

High above the mad seas of D.C. politics, from his crow's-nest in California, "Captain" Mike conducts his Washington watch, steering a course over the airwaves through mostly friendly channels. He does not flinch at the occasional blast from crazy or contentious callers but maneuvers smoothly, bringing each day's tour of duty into port with a flourish.

When a caller says that Mike ought to run for president, that the country needs another Reagan in the White House, Michael says, in effect, that he wants to stay "on the outside looking in" (the title of his autobiography). His family holds a high priority, and he doesn't relish the prospect of having every detail of his private life dissected and denounced. Besides, he believes that he can exert greater influence from the margin than as an elected official.

Most of Mike's callers are politically involved. They report phoning Congress members, writing letters, sending faxes. At the beginning of each show, Mike urges his listeners to have pencil and

paper ready to jot down phone and legislative bill numbers, names of committee members, and the like. One caller affectionately dubs him "the HR man of talk radio." He's referring to House Resolution numbers.

Soon I'm a regular listener to the Mike Reagan show — an alien, as it were, among wall-to-Wall Street Republicans. And though I haven't the courage or the patience to call in, my fantasy phone rings madly.

Cruise brochures mention "optional lectures" on shipboard, and I expect to have semiprivate talk shows with Mike Reagan. I pack my copy of his book — one more burden in my luggage — so that I can get an autograph.

What to wear: the woman's perennial problem. I need something midway between clothing suitable for Seattle's rain and Honolulu's tropical humidity. A coat is out of the question. I pack my baggy, purple corduroy jacket with huge patch pockets. Knowing that prices in Hawaii are steep, I spend \$20 on a straw hat with adjustable chin strap to ward off melanoma. It won't fit in my luggage, but I can wear it on my back instead of my head and stash it in the aircraft rack. My travel costume consists of a jeans skirt, chosen for its pockets and wrinkle-free fabric, with a blue-and-green, vertically striped pattern. *—Carolyn Kuhl, Seattle, Wash.*

At the airport, I meet a couple, both journalists. They are taking the cruise for the second time and will move to Nevada on their return. They've just bought a twice-weekly newspaper there.

"Are you a teacher?" the woman asks, and when I nod, "I can always tell a teacher."

The comment makes me feel dowdy and uncomfortable. A little resentful, too, because the woman is overweight and not that attractively garbed. She wears navy-blue cotton shorts and a loose-fitting Big Bird in shades of green and blue. Several times on shipboard, we'll pass without speaking, and always she's in the same clothes. Does she wash them at night, or has she bought several identical outfits? Has she shipped everything else to Nevada? Joined the Third World's Great Unwashed? I'll never know. In any case, I owe my newfound courage to her and the buxom, bikini-clad women on the sun deck. To take off my hesitations and put on my jeans shorts, straw hat, dark glasses. The shades confer anonymity among the color-coordinated

One soggy summer in Seattle, while I was still a nun, I sailed on Lake Washington and spent an hour in the rain, dodging the boom.

women in stretch shorts and tees. I hear one of them admitting that she shopped for a week before leaving North Carolina. Now she wishes she'd bought her wardrobe over here. Another woman, whose straw hat draws praise from her seatmate, confesses to paying \$55 for it.

In the preatory note to her novel, Porter comments on adopting the Ship of Fools metaphor as her own. She calls it "this simple, almost universal image of the ship of this world on its voyage to eternity" and concludes, "I am a passenger on that ship." It follows that anyone who boards is in good — even distinguished — company.

Foucault contends that being human implies acting occasionally with a large mixture of folly and unreason. I agree and am fascinated with the origins and evolution of the Ship of Fools image. In literature, Foucault reminds us, it derives from the Argonautic cycle. Speculating on the more shadowy physical existence of the ships that haunted the early Renaissance imagination, he writes, "It is possible that these ships of fools... were pilgrimage boats, highly symbolic cargoes of madmen in search of their reason..."¹⁰

Good Friday: On the Way
 "It's a bad Good Friday," as the poet Richard Hugo says, when my pilgrimage in search of reason begins. The last few days are an insane blur of deadlines and derailments. Someone books me for the wrong flight. Colleen calls to ask whether I can leave a day early, promising that the cruise line will meet me at the airport, put me up overnight at the Hawaiian Regent, and take me to the ship in time for boarding on Saturday. I agree because there isn't much choice. The good news is that my flight departs in the afternoon instead of early morning. I won't have to get up at 4:00 a.m. after all.

Nevertheless, Good Friday is a day of unremitting involuntary penance of the everyday, stress-building sort. When I finally escape to Seatac airport, the ticket agent checks my bags and says she'll send for the wheelchair.

"But I didn't order a wheelchair."
"How about the vegetarian meal?"
"Yes, they have that right."
The vegetarian meal arrives after everyone else is served: something pale and anomalous, a rectangle that may be baked, leftover, or even fresh.

In Honolulu I crane at every sign held aloft. None for American-Hawaii Cruises. Mindful of airport thievery, I disobey

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instructions and head for baggage claim to retrieve my new roll-around luggage.

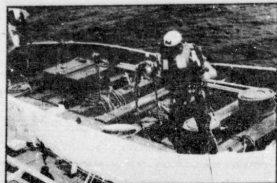
After claiming my bags, I phone the hotel. No help there. The man in the information booth looks for a cruise representative but finds none. He recommends a shuttle or a cab. Then I spot the name tags and pink luggage labels of a young, lost-looking couple. Look, Dan and Joan whether they're supposed to be met. They are. We agree to share a cab and ask for a receipt.

"The cruise line made the mistake," Dan says, "so they'll have to reimburse us." He'll talk to Colleen about it.

Dan and Joan make it to the registration desk while I'm still juggling my hat, my purse, and two bags. Dan is hell-bent for their room but, at Joan's prompting, reluctantly lends me a hand. I don't blame him, because he looks overburdened and in need of refreshment. I'm committed to independence after constant years of the opposite. I only wish I could achieve it without such obvious struggle. Dan drops my bags, overtakes Joan, and escapes with her into an elevator while I wait for the next one. Once in my room, I realize that my hat is missing. Rebounding the elevator, eager as a bloodhound, I follow my invisible trail in reverse, lobby to baggage claim and back, to find my hat on a counter just before a staff member whisks it away. I will not see Joan and Dan again until sometime onboard the Independence.

Saturday: Honolulu, Oahu

A handout from the cruise office promises an optional free tour of Honolulu on Saturday, ending at the ship. Because I have nothing



Abandon ship drill

better to do, I get a ticket, hoping to make an espresso run to the Hyatt Regency before the buses leave. My mission is unsuccessful because, once outside, I walk for blocks and blocks in the direction opposite to the one pointed out indoors.

Hurrying back to my hotel, I step into the bus line with the henna-haired ladies wearing pink or black and gesticulating with red fingernails.

My convent experience has left me severely allergic to

Foucault writes 'it is possible that these ships of fools... were pilgrimage boats, highly symbolic cargoes of madmen in search of their reason...'

being herded about in mobs, so I really can't share the other passengers' enthusiasm for our Portuguese driver's attempts to turn us into a Greek chorus responding to his corny, off-color jokes and Hawaiian-language drills. I agree with Polonius that brevity is the soul of wit, but our driver apparently hasn't heard of it. In fact, he could be a talk-show host if a tongue-in-perpetual motion were the only requirement.

Why can't I relax like the others? I should follow Whitman's custom, "loaf and invite my soul." But my soul is up to serious business in company with the 19th-century mystic Foucault recalls.



Hot drink

For them, the soul is a shift.

on an infinite sea of desires, in the sterile field of care and ignorance, among the mirages of knowledge, amid the unreason of the world — a craft at the mercy of the sea's great madness, unless it throws out a solid anchor, faith, or raises its spiritual sails so that the breath of God may bring it to port.

As it happens, I'll have an object lesson in "the sea's great madness" this very night.

Promptly at 3:00 p.m., the hour the driver has been told to deliver us, we arrive at the pier. It's down the gangway and onto the ship, where we're draped with tropical flowers in a custom repeatedly referred to as "getting-to-sea." Then I bump head-on into the ever-present camera.

"Not now!" I order sharply and am surprised to have my impunction obeyed. I'm still smarting from the remark of the woman who can always tell a teacher. Later, when I've showered and changed, I pose with Michael and Colleen and another passenger. Mike reminds me of my nephew-in-law, a salesman who can talk to anyone. The same easy affability, never at a loss for a joke with any stranger.

My cabin is compact, convenient, and attractive. It's furnished with a hide-a-bed, a desk with four drawers, a chair, two lamps, an artificial Chinese evergreen, and two plastic anthuriums in a small vase anchored to the door frame. The desk has a little top with makeup mirror and three compartments. There's a

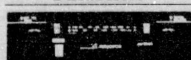
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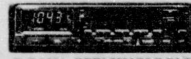
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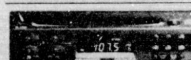


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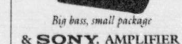
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tiny bathroom with shower, toilet, and sink, as well as a mirrored medicine cabinet. The shower curtain drips red hibiscus, and the hide-a-bed is upholstered in a fabric with a large leaf design and red flowers that may be another hibiscus species. The small closet is equipped with plastic hangers and a life jacket.

The most notable feature of cabin furnishings is stability. Furniture is either built-in or, like the deck chair, heavy enough to stay in place. All shelves, including those in the medicine cabinet, have ledges to keep things from sliding off. Unable to shut the bathroom door despite using all my strength, I scan the space between it and the wall and find the metal hook and eye preventing closure. Such arrangements identify the ocean as a mover and shaker — a force to be reckoned with.

Looking for members of the Reagan camp, I introduce myself to a couple and their teenage son. Linda's features are as subdued as those of the Iowa plain she comes from, but her personality is warm and friendly. Terry, her husband, is a large, well-proportioned man, a walking advertisement for the corn-fed Black Angus beef that is their supper club's specialty. All three look exhausted from their long trip. Only Linda has the energy to be civil, although Terry and 14-year-old Brady are amiable enough by the next day.

"We met Michael at the Iowa State Fair," Linda explains. When she says Mike's name, her tone borders on the reverential. I tell her that I'm alone, and she promises at once to try to register for my dinner table.

"We're here to celebrate our 25th wedding anniversary and paying off the mortgage on our restaurant after 15 years," Linda says. "And we've brought Brady because it's probably the last time we can get him to go on vacation with us."

Now I have five Reaganites, not counting myself. Joan and Dan, Linda, Terry, and Brady. I marvel at my own naivete in thinking that we'd reenact *The Michael Reagan Show* onboard. The Reagans are on vacation, and Ashley is the only one I see often. She romps with her friends in the pool, runs all over the ship, and appears to be having a marvelous time. "On vacation"

I agree with Polonius that brevity is the soul of wit, but our driver apparently hasn't heard of it.

for a talk-show host must mean something closer to silence. Now that I've found five Republicans, I'm needed into combing through the haystack in search of others.

Passengers are still converging on Honolulu, so our first meal in the dining room is open seating. I arrive in good time, in not-quite-casual attire.

"A party of one!" says the maitre d', lifting an eyebrow.

"Yes, one," feeling like a burro in the elephant forest at the local zoo.

Then, "Follow me," as I meekly thread my way among the tables, trying to look nonchalant, and am seated at one where a middle-aged, monosyllabic couple has already settled. I introduce myself, make heroic efforts at small talk. It's a relief when others join us and bring the conversation round with mouth-to-mouth resuscitation.

After dinner I return to my cabin for a while to review the reading matter that filters steadily into my living space. "Trade Winds," a daily news bulletin, lists activities on shipboard, as well as the tours available in the various ports. The cost ranges from \$12 to \$150 for these optional excursions.

There's a thick, loose-leaf notebook that includes data on the ship. I begin reviewing it and encounter these statistics: built: 1951 at Bethlehem Quincy Shipyard in Massachusetts at a cost of \$25 million (\$300 million in today's dollars). Refurbished: October 1994, at Newport News, Virginia, for \$30 million. Tonnage: 30,000. Width of beam: 80 feet. Propulsion: 17 knots, cruising. Horsepower: 37,000. Open deck space: 23,000 square feet.

At 9:00, feeling at loose ends, I don't want to miss the sail away party, even as a party of one, so I head for Ohana deck and see an attractive, 40ish woman standing against the wall. Watching this stranger recalls a line from one of my poems: "The lost repeat the lost at intersections."

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Before superego can discourage me, I approach her firmly. "Are you alone?" "I'm here with my mother, but she's ill, so she stayed in her cabin."

Soon Leslie and I are sipping complimentary mai-tais, climbing to the sun deck to watch the parade and crowning of Miss and Mr. Independence, and blowing serpentine. Red, orange, blue, yellow, green; we mill happily through the streamers and the crowd, adrift in colored paper.

Once the spectacle is complete, we plead fatigue and return to our cabins. Both Catholic and Protestant Easter services are at sunrise, and I'll need some shut-eye if I want to make it to Mass. Exhausted, I sink into bed, hoping for early sleep in these unfamiliar surroundings.

And what better place to be when the *Independence* begins to rock and roll? Because I have an inside cabin, I can't watch what's happening out there, but it's like a horizontal elevator. We could use a little cruise control. Revelers who haven't locked their bathroom doors open are responsible for the frequent banging that prevents sleep. From time to time, I hear the soothing voice of the captain over the intercom, but I can't distinguish his words. Despite a strange feeling at the pit of my stomach,

I'm not the least bit seasick. I'm almost grateful to the disturbance for reminding me of a famous poem.

Out of the cradle endlessly rocking,
Out of the mockingbird's throat, the musical shuttle,
Out of the Ninth-month midnight
Over the sterile sands, and the fields beyond...

Later, when I've showered and changed, I pose with Michael and Colleen and another passenger.

If I were the ship's doctor, I'd prescribe Walt Whitman instead of Campanile: mind and imagination over the listing of the ship.

Easter Sunday: Kona
The Mass of the Resurrection is in Kama'aina Lounge, but the passage is still rough enough to require both priest and congregation

to remain seated throughout, except for the Eucharist. The aging and unsteady are helped by those surer on their feet.

At 10:15, when everyone has had time for breakfast, we hear the signal for today's abandon-ship drill. We know the number of our muster stations from the back of our cabin door and have located the station ahead of time. We take a life jacket from the closet and put it on. A light and a whistle are attached.

The Coast Guard does not require that rafts be unpacked for every drill, because it's an expensive process. However, lifeboats must be lowered, and that makes for some interesting pictures. I linger on long after the drill is over.

The Easter Bunny finds his way to the ship and delivers baskets to the children, an event I learn of only when the photos of the kids with the benevolent bunny appear in the gallery.

Linda brings word that Colleen has signed them up for the late dinner, so she can't sit at the same table. She and Terry are at the Regatta's table, and I wouldn't think of asking her to forego the pleasure.

Somewhere along the line, I meet two more members of the Reagan tour group: Dana and Margaret. He's a former banker, has lived in Pennsylvania, and now lives in Omaha. When he finds out that I used to teach literature, he asks whether

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I like Jack London. His favorite reading consists of adventure novels and nonfiction. *The Call of the Wild* isn't one I care to hear, but it leads our conversation to Alaska and the week I spent in Fairbanks. Dana says that he'd like to go back to college or university and take some courses, but he's afraid that he'd feel out of place with all those young people. I tell him that there are many older students these days, and he should go for it.

Monday: Kona

This is my day to explore the *Independence* independently instead of taking one of several tours conducted by a staff member. I forgo shore excursions today for that purpose, and on Friday to ease the task of packing. I've chosen the less expensive and less strenuous tours for the other three days and go to the excursions office to turn in my applications.

Daily exercise is no problem with all the walking up and down stairs. The narrow passageways on port and starboard, with cabins on both sides, and the numbers of stairways create confusion. I'm grateful for the signs by the stairwells and the others pointing fore and aft to help us find our way. I walk the stairs instead of using elevators, which are usually in demand and sometimes unreliable. The side-to-side motion of the ship tends to put them out of order.

On Kauai deck, the lowest, I find the theater and the complimentary passenger laundry. Because these facilities are close together, one can load the washer or dryer and watch a movie

while waiting. I see *Forrest Gump* and catch up on some old movies. *From Here to Eternity*, *An Affair to Remember*, and *Gypsy*.

By the end of my solo tour, I know the locations of three bars, two dining rooms, with the off limits galley or kitchen between them; the ship-shape ship shops; two fresh-water swimming pools—in short, all of the amenities of life on land.

At our dinner table, we are a company of five women. Leslie lives in Fresno, and her stepmother Hazel in San Diego. Like

I marvel at my own naïveté in thinking that we'd reenact *The Michael Reagan Show* onboard.

me, they are members of the Reagan tour group. Elaine, from Ohio, has come with her sister-in-law Dorothy, who lives just across the border in Michigan. They have booked their tour independently and will stay on in Honolulu for a while after the tour ends.

The only time our dinner conversation exhibits any tension is when the subject of guns and hunting comes up in a remark made by Leslie. Elaine is quick to show just where she stands. "I wonder how brave the great white hunters would be if we armed all the animals with guns so they could fight back,"

she says. At that point, somebody guides the conversation into less controversial channels.

Like most events involving all the passengers, tonight's captain's reception is divided into two groups according to the hours of seating in the dining room. For me, that means reporting at 5:00 for cocktails with the captain and the other early diners.

Captain Richard Haugh, resplendent in white dinner jacket and black bow tie, is there to receive us. So is an unimpressed ship photographer. In fact, there must be a whole fleet of them, and every day they fill display cases in the gallery with more photos of daily events. Passengers may order 3x5 prints for \$6.00 or two of the same shot for \$5.50 each. Key chains are also available. The line for photos with the captain moves swiftly because the photographer is experienced and because drinks are waiting at the other end.

This is the single triumphant nanosecond for a female party of one, as I pose beside our gallant captain, whose abundant hair and silvery goatee are a testimony to the benefits of the magical life. The cameraman, like my favorite news photographer, "Shot Blake," needs no cheese for his expertise. One click of the shutter yields picture perfect, and the next party moves into focus. My head barely clears the captain's shoulder.

During his brief welcome, Captain Haugh tells us that the *Independence* and her sister ship, the *Constitution*, are the only two American cruise ships with crews consisting entirely of American citizens.

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Cruise ships are floating hotels, Captain Haugh says, and because of the convenience of travel without constant packing and unpacking, the cruise is the vacation of preference. He predicts that it will become increasingly popular.

Tuesday: Hilo, Hawaii

The bus leaves us at the Hilo Tropical Gardens, where visitors are allowed to walk without a guide, following the paths and signs. There are gorgeous views of Ohmoea Bay, several waterfalls, spectacular flowers, macaws in cages, and cranes in a lily pond. I've taken dozens of pictures. Now I'm headed back to the bus and the Independence.

On the shore to ship launch, I'm sitting back-to-back with a ruggedly handsome man I judge to be in his early 40s. I already know that his name is Wayne, because I've heard Ashley Reagan and her friends teasing him on the stairs. Wayne has thick, dark hair parted on the side and a beautiful tan set off by white Benetton shorts and a tiger-print shirt. But what interests me most is the passionate tone of his discourse. He's talking to a young African-American woman wearing a turban and large hoop earrings. The subject seems to be disadvantaged youth. The woman nods her head, punctuating Wayne's monologue with

affirmative syllables.

"...you just give them a little love, and they spread their wings like a butterfly coming out of the chrysalis — they just take off."

My takeoff is not quite so smooth. My bad foot makes me

I already know that his name is Wayne because I've heard Ashley Reagan and her friends teasing him on the stairs.

boarding the launch tricky, because the boat lists and rolls and the gangplank is unsteady. I grab for any support as long as one is in sight, then brace for the last lunge. Just as I let go, Wayne is there, his arm reliable under my grip, his manner concerned. When I ask where he's from, he says that he lives in Puallilo. Leslie says that Wayne is a big brother. He has brought Joey, the boy I saw earlier with Ashley, and a teenage girl named Amber. Cameron Reagan, who will be 17 in less than a month,

has found a girl I'll meet later in the Aloha Tower Marketplace. All of the young people are having a marvelous time.

Five o'clock on Tuesday, and it's cocktails with Mike and Colleen in the Commodore's Lounge. (Is Captain Mike on the way up?) On one table, three kinds of drinks are set out on trays — one, a startling blue. On another rest 50 hand-drawn copies of Mike's *On the Outside Looking In*, to be distributed to guests and signed by the author. I see that I should have brought my copy after all.

Mike, at ease in a green-and-coral print shirt with dress shorts, responds to a guest's question about what he did that day. "I took the helicopter tour of the volcano," Mike says. "Colleen advises her clients not to take that tour," he adds, "so that's what I did." His questioner wonders at Mike's daring, so I feed him another cue: "Well, you used to race boats, didn't you?"

This gives Mike a chance to say that he raced boats, sponsored by individual or corporate donors, as a way of raising money for charity.

The Reagans talk with the photographer about the best place to take pictures. As the now-experienced party of one, I stand between Mike and Colleen, an arm about each shoulder.

Then I head for a Blue Hawaiian and take my drink to a far table to join Dana and Margaret. Dana and I have a serial conversation going. Topic: the adventure novels he favors. When he mentions Richard Henry Dana's *Two Years Before the Mast* (a book that influenced Melville), I see the mimeographed pages of the St. Mary's Academy high school book report list — a document I hadn't thought of in years — nearly 60, to be exact.

Michael asks the bartender for a Chardonnay, which is delivered from another room. The glass sits on a table, largely untouched, while Michael greets guests, poses for photos, and signs books. Meanwhile, Colleen sees that each guest is welcomed. They make a smooth team. With the book, each of us receives "Michael's Monthly Monitor" for April (Postpaid, \$39.95).

The issue carries a picture of the spotted owl on the cover with the headline, "Killer Owl Destroys Whole Towns." Below that, a smaller subhead: "The Spotted Owl: Endangered or Endangering Species."

Prompted, no doubt, by this reminder, Dan (not to be confused with Dana) says, "I don't see why they can't just cut down some of the trees and leave the big, old ones, like the redwoods."

The only thing in the way, I want to say, is the ecosystem, but I hold my tongue and continue to discuss unrelated fictions.

Later, I hear him explain to someone that he's really not Irish, in spite of his name. He's Greek. Somewhere back in the endangered family tree, a forebear changed the name to avoid discrimination.

During a lull in the conversation, I say to Colleen, "I've been wondering how you write a book with someone." I add, "I'm a writer. That is, I write poems. I used to teach poetry

The glass of Chardonnay sits on a table, largely untouched, while Michael greets guests, poses for photos, and signs books.

workshops in the university before I retired." My question draws a flicker of anxiety, followed by a loyal, wifely response. "Oh, he did it himself. He talked it into a tape recorder." Joe Hyams merely arranged and edited Mike's words.

I want to ask Mike how his talk show started, so I'm glad when he tells us to sit down while he talks. He begins by saying

that everyone wants to know how his talk show started.

"I owe my career as a talk show host to Colleen's showing up late for a lunch date," Mike says. "No, really." He explains that while he was waiting in the restaurant, someone came along and asked whether he'd ever considered doing a talk show. By the end of that encounter, a program was in the works.

"We formed MCR International," Mike says. "We would have put Colleen's name first, but CMR was already taken. We started with just five stations."

"They wanted to do the show from San Diego," Mike continues, "but Colleen refused to move to San Diego." Later, Mike was offered a show, live, from Wisconsin.

"But I knew that if Colleen wouldn't move to San Diego, she sure as hell wasn't going to move to Milwaukee."

Later, in the photo gallery, I'll meet a woman from Wisconsin. When we compare our tour affiliations, she waxes indignant at mention of Mike's name. "I think he's obnoxious!"

"What makes you say that?" I ask. "I think he's quite personable." "Well," she says, "my husband and I were standing in line, and he went right to the head of the line as if he owned the place." She adds that he filled in briefly on her local radio station, and she didn't like him. She turns to me accusingly.

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"And I didn't like that couple from Seattle either. They argued all the time. I guess they thought that made the show interesting."

Colleen suggests that I send my other copy of Mike's book by the cabin steward, and she'll get Mike to sign and return it so I can use it as a gift.

Forty-five minutes is a short time for a cocktail party, especially in view of everything being crowded into this one. Once started, Mike warms to his talk. I can see Leslie's face on the other side of the room, rapt with homage. I'm fidgeting with my watch, already 15 minutes late for dinner. Colleen is aware and will probably do something, but I decide to slip out as unobtrusively as possible.

In the dining room, only Dorothy and Elaine sit at our table. After waiting 10 minutes or more, they've ordered and have just been served. They apologize for not waiting, but how could they know whether we were coming at all. Shortly after I order, Leslie appears. Colleen must have let Mike know that it was time to conclude his talk.

There's still an empty place at our table, and it has become a ritual to inquire after Leslie's mother. Because Hazel suffers from a disease in the MS family that affects equilibrium, it is no surprise that Saturday night's rough waters made her searack. Even crew members succumb, and the ship's doctor is among the afflicted. But as Hazel's illness continues, the doctor decides that she has a virus and administers antibiotics. He's new onboard, and Hazel is his first patient.

Wednesday: Maui
Today I'm taking the bus to Haleakala. Two or three years ago,

I spent three weeks on Maui with a friend whose parents own a condo there. My main reason for going back is to take a picture beside a sign that reads, DANGER, WALK SLOWLY AT THIS ELEVATION. It strikes me as symbolic for the poet, and I want some prints to send to friends without having to bother the original photographer for the negative.

I say to Colleen, 'I've been wondering how you write a book with someone.' My question draws a flicker of anxiety, followed by a loyal, wifely response: 'Oh, he did it himself! He talked it into a tape recorder.'

Arrived at the mountain, I look in vain at the area surrounding the station house. Maybe it was higher up, through the volcanic rock. At considerable risk to my crippled foot, I climb almost all the way up, over rocks, without a handhold. Near the summit, I ask a climber on the way down whether there are any signs up there. "I didn't see any," he says. Back to the station house. I ask a second bus driver about the sign. "Oh," he says, "it was over there [pointing], but they took it down a year ago." So much for poetic signs.

In the dining room, the legendary Hazel has materialized. Attractively dressed and groomed, she is seated in what has been an empty chair. Her walker, discreetly folded, rests against a nearby wall.

Hazel praises the doctor and the cabin attendant. Everyone has treated her with the utmost care and concern. Now she is ready to make up for lost time. As the first step in that direction, she orders a mai tai. The drinks come with tiny parasols that open and close. Leslie and I are collecting them for the kids in our lives.

Thursday: Maui
Early this morning I take a launch ashore and walk along the beach until it's time to board the boat for the whale watch. Although it's late in the season, we do see some near the smaller whale research boat. However, they are so far away and so unobtainable that I can't get a picture. I do take shots of the *Independence* and the Maui hills before catching the noon launch back to the ship.

Just as I'm changing clothes in my cabin, the phone rings.

"Are you expecting a visitor?"

"Not unless her name is Joan," My friend from Washington, who goes to Hawaii every year, has spoken of visiting the ship, but I don't really believe she'll find me. Now I see that I was wrong.

"Go to the purser's office," my caller says, "and get a pass for your friend. Then come down to the gangway."
Our meeting is like that of a released hostage and his family. For the next two hours, I'm a party of two. Two poets adrift on a sea of turbulent prose, as we catch up on each other's lives. Joan wants to buy me a drink to celebrate, so we head for

the Surfside Bar.

On the way, I'm explaining the ship's cash-caveat plan. As we approach the bar, Joan says, "We can put it on your account, and I can give you the money." A gray-haired man turns on his harpoon to check us out. He looks at the bartender.

"Give these ladies a drink and put it on my tab."
We take our mai tais to a table and talk excitedly for a while. When we've finished our drinks, I give Joan a tour of my cabin and the rest of the ship. She has a camera, too, and we take pictures of each other with both cameras. Two hours melt away, and we return to the gangway, where a crew member offers to photograph us together with Joan's camera and mine. Then he gives back her driver's license, held to keep her from becoming a stowaway. She boards the launch, waving good-bye all the way.

Friday: Kauai

Our luggage must be outside the cabin door by midnight. That means everything I use between midnight and disembarkation (strange word!) must fit in my overnight bag or my purse. This calls for serious organizing, and I spend the morning sorting and packing, doing laundry, sending postcards. I make my daily nine rounds of the boat deck, have lunch, and wander outside.

On Ohana deck, Wayne is taking the sun, stretched out in his swim trunks in a chaise longue. With the beginnings of a pot, he's less than the Adonis I first noticed, but he's just as intense in his narrative.

Word of Wednesday's Oklahoma City bombing has filtered onto the ship. I take a deck chair nearby, careful not to interrupt Wayne's story. He's apparently responding to someone who can't understand how a U.S. citizen—a former military

man at that—could commit a terrorist act, predictable enough for an Iraqi. Wayne doesn't condone the crime but tries to make it comprehensible. He's telling a complicated story of the FBI, Randy Weaver, and Ruby Ridge.

Wayne says that federal agents were trying to recruit Randy Weaver as an informant on white supremacists in Idaho. When Weaver refused, the FBI set him up for a gun violations charge by asking him to blunt the edges of gun barrels he had saved off to exactly the legal limit. Then the agents threatened to charge him with federal arms violations, and the rest, as they

'I knew that if Colleen wouldn't move to San Diego, she sure as hell wasn't going to move to Milwaukee.'

say, is history. All this, according to Wayne, not to mention Waco, is enough to make a terrorist of an American.

"Where do you read all this?" I ask when Wayne finally reaches a pause. I'm thinking of the "ideological press," a term Michael Kelly uses in *The New Yorker* for the alternative media.

"Oh, it's out there if you're interested," Wayne says cryptically. "How long has the FBI been doing this kind of thing?" I ask. "Well, it goes back at least as far as Hoover." I bite my tongue to keep from pushing things too far by asking, "Herbert or J. Edgar?"

Hazel makes it to dinner again this evening. At 79, she considers herself entitled to carry on mild flirtations with the staff, pretending to arrange clandestine meetings, posing for snapshots, and, in general, living up to the dinner hour for the rest of us. Her favorite is Joe, whose entrance line the first few days is "I'm nonalcoholic beverages." Joe and Hazel decide that they look like mother and son and pose for a portrait to prove it. Meanwhile, a woman at a neighboring table frowns at the hilarity coming from ours.

When I meet Joe elsewhere on the ship, he tells me that he's a high school biology teacher saving up money for a European trip.

Saturday: Honolulu, Hawaii

We're required to be off the ship by 9:00 a.m., so the crew can get ready for the next cruise and its consignment of passengers. Attendants at the Aloha Pier will check the bags transported there while we sleep and will also receive our carryon luggage. Once we've taken care of that and requested a shuttle bus ticket for the airport, we're on our own for the day.

My flight doesn't leave until 11:00 p.m., so I spend the time from 9:00 a.m. to 6:00 p.m., when the last shuttle leaves for the airport, at the Aloha Market Mall. I take picture of the *Independence* from shore, visit all of the shops several times, discover the first real espresso I've found in the islands (served by a young man from Starbucks country), have a late lunch at a seafood restaurant, write a few postcards, read a little, and talk to fellow cruisers in the waiting room.

Two African-American women from Chicago are watching a limo draw up to the station. A porter carries the passenger's

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bags to the check stand.
 "That's how we could do it if we had lots of money," one of the women says ruefully.
 I ask them whether they enjoyed the cruise. They did, but it wasn't a match for another one they took on the Holland-America Line.
 "Seems like they were just a better class of people there," one woman says.
 I strike up a conversation with a couple from New York—"near Long Island." Their daughter, 14, clutches a piece of paper with Cameron Reagan's address. Her mother says that the girl thinks Cameron may be related to President Reagan.
 "I told her that thousands of people have the Reagan name,"

the mother says, certain that it's only a girlish fantasy.
 "Your daughter is right," I tell the parents. "Cameron is the son of Mike Reagan, the former president's adopted son."
 The conversation moves to Wayne. The mother has all the distrust that big-city parents need to protect their offspring. She's critical of Wayne's sharing a cabin with the teenagers. He allows them to stay up too late. He is nonchalant about their going ashore in the evening. The father is even stronger in his condemnation. He calls Wayne a "pathological liar."
 I can't allow such charges to go unchallenged and ask for an instance.
 "He said they were going to turn the ship around."
 The wife dismisses this example. "Oh, he was probably

joking," she says. But the father repeats his judgment without further examples. He served in military intelligence during the Vietnam War. His meter is suspicious.
 And that brings us, full circle, to paranoia in Paradise. To the madness, folly, and unreason that, in Foucault's judgment, characterize the human condition. In a recent *New Yorker* article, Michael Kelly coins the term "fusion paranoia" for the suspicion that has united extremists on left and right and infiltrated the more moderate citizenry between. Steadily gaining adherents, the voice of Captain Mike rises above the clamor. And if it is not always the voice of perfect reason, it has at least the advantage of giving its listeners the hope that their voices will be heard. ■

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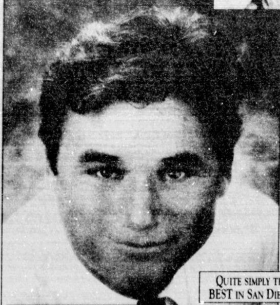
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David Casey wakes up suddenly. He points his finger at his son. "I'm going to sue you. I'm being held here against my will. Call 911. I want my son!"

David Casey, Jr., brings out his driver's license. He shows him the picture ID. "It's me, Dad...."

David, Jr., had thought he was losing him this

A Lawyer's John Wayne

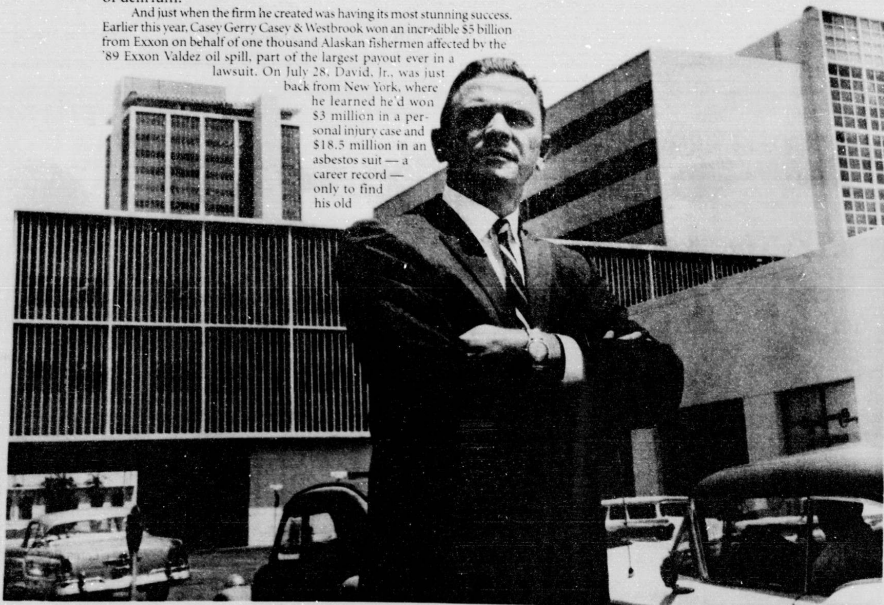
THE LEGAL HEYDAY OF SAN DIEGO

By Bill Manson

time. His dad, David Casey, Sr. The guy who'd inspired him to become a lawyer; this hero of the underrepresented — victims of accidents and corporate carelessness. The guy who'd started it all and went on to become president of the California bar was lying in a San Diego hospital in a state of delirium.

And just when the firm he created was having its most stunning success. Earlier this year, Casey Gerry Casey & Westbrook won an incredible \$5 billion from Exxon on behalf of one thousand Alaskan fishermen affected by the '89 Exxon Valdez oil spill, part of the largest payout ever in a lawsuit. On July 28, David, Jr., was just

back from New York, where he learned he'd won \$3 million in a personal injury case and \$18.5 million in an asbestos suit — a career record — only to find his old



David Casey in downtown San Diego. © 1991

man and mentor at death's door.

"I've got good news, Dad," he says finally, as recognition slips into Casey, Sr.'s eyes. The news makes his father smile. It's a helluva lot more than he ever won in court. When he was starting out, he'd have been happy to win 50 bucks. But on the other hand, the whole notion of persona injury, sticking up for the little guy, was Casey, Sr.'s idea. It's what he'd fought for all these years in San Diego, all the result of a decision he made back in 1944, pawing in the water one night, clinging to a life raft in the Pacific....

"I was going to die. I knew that. The Japanese had left for the night, but tomorrow they were coming back." It's a couple of weeks before Casey, Sr.'s medical crisis. He's talking to me in the summerhouse of his lush La Jolla garden, which looks over a valley to Joan Kroc's estate. There's still a flash of those Errol Flynn good looks that wowed juries 50 years ago: the pencil-thin mustache, the piercing eyes.

"We were right outside Okinawa. We were hit by the kamikazes, then we were surrounded by the whole Japanese fleet. We had 7 little carriers, converted oil tankers, and I think 11 small destroyer escorts. The Japs came in with their big guns and their big battleships and their big cruisers, and the aircraft carriers surrounded us, and when night came, none of our ships had any firepower left. And we figured they'd be back in the morning. Our ship, the *Santee*, a light carrier, was hit by a kamikaze and two torpedoes. I was knocked over into the water. Out of 3000 people aboard ship, we lost half of them."

"I remember holding on to the side of the raft and thinking, 'If I ever get home, the first thing I'm going to do is leave St. Louis — where I'd grown up — and come out to La Jolla. 'If I had kids, I wanted them to live a good life.' The *Santee* was disabled, but it didn't sink. Casey was eventually hauled back aboard to await the return of the Japanese fleet."

But next morning when we woke up — and we never thought we'd wake up — they'd all gone on to meet [U.S. Admiral] Halsey at Surabaya Straits. We went off for repairs. I survived the war. I went back to St. Louis, and I realized for sure this was not the place where I wanted to live."

David Casey had a law degree from before the war. He could have joined his brother's St. Louis law firm as a partner. But that night in the water was fresh in his mind. He was going to make it "out west," on his own.

"I came with the \$100 mustering-out pay they gave you. That was it. I found a house in Pacific Beach to rent for \$28 a month. I shared an office with a retired policeman, and I paid \$15 a month for that. I was the only lawyer in Pacific Beach. And this retired cop, his friends would come by, and I got to know a lot of policemen and did some work for them, and finally I was made attorney for the San Diego Police Officers Association."

I began trying cases right after I came to San Diego. And I really didn't know how to try cases. But by the time a year was up, I found out how to try cases."

Still, things were tough, until one of the policemen Casey got to know wanted to retire and go into business as a bail bondsman.

"So I did the work for him to get him in as a bail bondsman. Doyle Bail Bonds — it's still in business. I would go by there in the morning, and he would have maybe four or five sailors who'd been arrested for driving while drunk. And they left 100 bucks with him for bail and to pay the fine. These guys were just about to leave San Diego. So I would take over their cases and go down in the morning and appear for them before Judge Brennan — Judge John Brennan — at the old police station on Harbor Drive. And I would appear on behalf of these fellows and plead them to maybe drunk driving or something else. He'd reduce it. The fine would usually be \$50 that Brennan would give, and I would have their other \$50 as my fee. That really got me started on getting some criminal cases. And I ended up getting a lot of criminal cases. I was in trial all the time. I learned to think on my feet, quick."

"When I came into San Diego, there were between 250 and 300 lawyers — now there are 6000! They weren't busy, but as the sailors came back, there were divorce actions and things like that. They got a little busier. But there were no

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big firms and nobody who really tried cases. Those who did used the old-fashioned manner. I remember this one guy, Charlie Crouch. He'd stand up in court in a frock coat, striped pants, and one of these ascot ties that you wear with larks."

But the further out of town you got, the more tacked together justice became — paradise for a fiery Irish think-on-your-feet attorney like Casey. "I want a jury, judge," Casey said one day in 1949, up in Ramona.

The judge — a justice of the peace — wasn't even a lawyer. Casey was defending a guy accused of shooting a deer out of season.

The judge looked across at the bailiff. "Bailiff, I want you to go out and find 12 people to sit down here as jurors. Right now."

"And he did," says Casey. "Plucked them right off the sidewalk. And we tried the case. I was able to prove that nobody actually saw my man shoot the deer. Sure, they found him near the deer, they found the deer dead, but they weren't able to prove that he'd shot the deer. Trial took one day. 'Course, you couldn't do that now. There'd be months of depositions, litigation over discovery, what's admissible, a fortune in lawyers' fees."

He thinks for a moment. He grins. "My guy probably did shoot the deer, but I didn't have to put him on the stand. Sort of like O.J. Simpson."

But Casey's main business was as a plaintiff's attorney, fighting for victims of accidents. Not a popular nor prestigious beat for San Diego lawyers — or with San Diego jurors.

"San Diego was known as a place where you could not get a very good verdict," Casey says. "It was a place where people came to retire. And usually they didn't have very much money, and they lived on a static income."



David Casey, 59, September 1993

"By the time he was into a trial, the jury had such empathy with him that they would frequently blurt out the word that he was groping for from the jury box."

And I'm talking mostly about admirals and generals and people like that. Those were the kind of people you got on your jury. And they were cheap."

"I would have to stand up and try to figure out different ways to get a jury to respond in damages. Because as a rule they did not. The death of a child four years of age,

they figured \$1000 for each year of his short life. \$4000. So I would get up on a death case, and I'd put a little passion in it. 'Your honor! They pay \$50,000 or \$100,000 a year for a baseball player. They pay \$200,000 for a painting by Michelangelo. They have no hesitation putting a value of \$100,000 on a Stradivarius violin. Now my client is broken,

He's not a Stradivarius violin, but he's a real live person who's entitled to proper damages. At least as much as a piece of wood with a couple of strings on it."

"Well, that was a start on how to try cases in a dramatic way. They were not being tried in a dramatic way before me. There were no good trial lawyers in San Diego. But they became competitive as I became competitive. I got them going. Because they would have to come back with comments. If I expressed a comment about a violin, they'd have to come back with something."

"David had a fervor about him," says David Casey, Jr. The younger Casey is in many ways the direct opposite of his father — he's slim, sandy-haired, compact, distinctly wiry. Tolerant rather than fiery. "I medium would well up in his voice, and he would speak with a great deal of feeling. Red carting. He was extremely aggressive. It meant that tears would flow from his eyes, tears would flow from his eyes."

He was a lawyer's John Wayne, says Ed Butler, a retired court of appeals judge. "If Casey pulled a [verbal] gun on you in court, you were dead. He always did his homework. He pounded the pavement. He'd go see accident sites. It takes a person who can take risks to work on a contingency-fee basis. You have to put up the up-front cost. That can be substantial. A lot of people don't have the stomach for it. When you hit big, it's very good, but when you strike out, it hurts."

"David is a little hard of hearing, more so now than then, but he had a way of leaning toward a witness. The witness would utter something that was quite devastating, and David would cup his hand behind his ear and lean forward at the witness stand and say, 'What was that, sir?' And the guy would repeat it in a louder voice, so the jury heard it twice."

"And he would ask a question, and he would seem to be fumbling for a word. And the word would be a fairly common word, but he couldn't quite get it out. And by the time he was [into] a trial, the jury had such empathy with him they would frequently blurt out the word that he was groping for from the jury box."

"He's from St. Louis, which doesn't make him Southern, but he had a nice, gentle way. He'd put out the dumb country-boy thing, wags of hair sticking out of his hair, bit of mud on his boots, put his hands in his pockets, and if he had calluses he would snap them. He came across that way. He had a great ability to simplify what seemed to be a complex issue and bring it right down to where we all live. That was his technique and modus operandi in court, and it worked very well. He was gentle like a fox — in sheep's clothing."

Legend says Judge Brennan called the ginger-haired Casey the "Red Fox." Perhaps that name came after Casey's "Shaky Court-house" victory.

One day 25 years ago, he was walking to the old courthouse on Broadway with a young client accused of driving drunk. The building was due for earthquake retrofitting. Halfway across the lawn in front of the main entrance, they were confronted by a new sign stuck in the turf: "Condemned Building."

"So my client says, 'What does that mean?'"

Casey sensed an opportunity. "I said, 'Well, we've got a penal code underneath. Let me go read it.' I bend down. I read the penal code. The penal code said that anyone who entered a condemned building was guilty of an infraction of this particular penal code."

"So I read it over, and I told my client, 'Stay outside.' And I went in to Judge Toothacre's court, where the case was to be tried. And the judge said, 'Mr. Casey, are you ready to try this case before a jury?'"

"I said, 'Yes, your honor, I am.'"



Casey at Mission Bay, campaigning for mayor, 1961

"Usually," says Eugene Horton, a San Diego attorney since 1941, "Judge Brennan would have a couple of belts at lunch. And in the afternoon session he'd be kind of sleepy."

"Well, where's your client?" "Well, my client's outside, your honor, on the front lawn."

"He said, 'Why isn't he here with you?'" "I said, 'Look, judge, let me read this to you.' 'Anyone who enters into a condemned building is guilty of a misdemeanor.'"

"And he said, 'Well, what does this have to do with this case?' And I said, 'My li-

ent is accused of driving while drunk. A misdemeanor. And I don't want him to be accused of another crime. So he doesn't have to come into this building.'"

"The judge said, 'Let me read that.'"

"And he read it. He said, 'I guess you're right. I'll send you down to Judge Brennan. His building is not condemned.'"

"So we went down to Judge Brennan

in his small court in the old Spanish police station. Told him that Judge Toothacre had sent me down there. I said, 'I'm ready to try the case, but I want a jury.' And Brennan said, 'We have no provisions for a jury down here. So you can't try him with a jury. You go back and tell Toothacre that I can't try it down here.'"

"So I went back and told Toothacre. And he said, 'What are we going to do?' I said, 'Well, that's not my problem, judge. I'm ready to try this case on the front lawn if you want to.'"

Casey was starting to make his way. "He was handsome and dynamic," says his first wife Alberta, "and intelligent. He was a brilliant man. He had a lot of ambition and get-up-and-go. That's what attracted me to him. He was excellent at personal injury. I'd always wanted to sneak into court and hear him perform because I'd heard how good he was. But the one time I did, the whole court stopped, and David introduced me to the judge, the court — in those days it was different. I never went back! I was embarrassed."

"It was a wonderful time because people were so glad to get the war over with." Casey continues. "We were so happy about that, and it was all uphill. We didn't mind that; we'd already been through the poverty and putting up with the things we'd had to endure over those hard years. This was all bonus. Everything was turning out on the positive side."

"We started off in a dump of an apartment in Mission Beach but then moved up to La Jolla. It was a quiet village then. The air was clean. You could hear the coyotes howl in the hills... Then suddenly I had no husband at home. I found out he was playing the lead in a play, *The Man Who Came to Dinner* (at the La Jolla Community Players), and I think he did that because he wanted to become part of the community, wanted to make a name for himself. He was a very good actor. That's when he met Neil Morgan."

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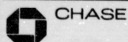
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It was a friendship made in heaven for Casey — at least partly because Morgan meant access to the press.

"Casey became known among defendants' lawyers as an 'ambulance chaser' — before that craft had been honed to such a fine polish as it was later by Melvin Belli and others," says the *Union-Tribune's* Morgan. "He was a very charming, handsome, aggressive young rogue with all the Irish attributes — and clearly intending to make an impact in the conservative San Diego legal world as a plaintiff's attorney. That was a phenomenon then. And yes, he was constantly feeding items to me. He was a pioneer in that too."

Item, Neil Morgan's column, 4/17/90: "Attorney Dave Casey fired his wife's maid overnight the night she cooked asparagus and threw away the wrong ends...."

Item (date illegible): "Alberta Casey plopped her baby son on the scales when she visited her La Jolla butcher, and the needle showed 28 pounds. Next day at the doctor's office, the kid weighed only 26 pounds. Thereupon she changed butchers...."

Item, 4/22/90: "David Casey, whose name

is still carried through a law firm in the St. Louis telephone directory, saw a divorce client who was greatly disturbed. 'My husband is back in St. Louis and says he's got a lawyer who tells him he can really give us trouble. Funny coincidence, his name is the same as yours!' Casey figures the husband picked a name from a phone book to try to bluff his wife...."

"There was this background of friendliness and courtesy and respect. We don't have so much of that anymore."

"Yes, I used Casey a lot," says Morgan. "He made himself a very good friend of newspaper people and radio people — this was pre-television — and he always anticipated things that would be interesting to us and made sure to make them interesting to us, and therefore he got more publicity at a time lawyers didn't believe it was ethical to use

the media in that way. He very quickly became the best-known plaintiff's attorney and therefore became a target of the attorneys who represented the insurance industry. The 'ambulance-chaser' tag stuck pretty well, and I think they were responsible for that phrase."

"He certainly pounded the pavements," confirms Judge Butler. "And he worked and he marketed. Got his name out. Talked to the

clerks of the court, talked to ambulance drivers. The defense bar of San Diego had some...disapproval. And they tried to get him in difficulty with the state bar. They tried to get him for running and capping — the old English practice of paying people to bring cases to you. Like, if you're standing on a corner and you see a pedestrian hit, you rush

right over and hand him my card, and I'd reimburse you for that. That's what the bar charged him with, but they didn't get anywhere. I don't think he was ever charged."

Casey is especially bitter about this episode. "This was a lawyer — James Archer. He was with Gray Carey Ames. I tried a couple of cases against this lawyer, and I beat him. One particular case was a crossing case, where a car had been hit at a railroad crossing. And Archer said, 'I've never lost one of these cases in my life.' But I beat him on that case. Next thing I know, I begin getting calls from some of the people that I had represented. The state bar was investigating me because this attorney indicated that I had been soliciting cases. They came up with nothing. But I did receive a call from an attorney, John Holt. Holt told me that Archer was trying to get me disbarred. From that moment on, I never settled a case with James Archer. I tried every single case. I refused to settle cases with him."

"David Casey survived," says Judge Butler. "He persevered through all of that. He had the feeling then, which has been proven since, that [ordinary] people needed lawyers,

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and the only way to let them know he was a lawyer was to let them know he was a lawyer. And when people were injured, the word would go around that David Casey was the person to see. The defense bar thought that he was out 'ambulance chasing.' They also were enormously unhappy with him because he had a marvelous way with juries. He consistently got good verdicts against the insurance carriers. So David was not very popular with the defense bar at that time, the late '60s."

"I think that's one reason why David was so pleased later to become president of the California bar [in 1973]," says Morgan. "It was a nice opportunity to say, 'Stick it.'"

Casey confirms the feeling. "I was for the little guy," he says. "Insurance attorneys had a free ride in San Diego till I came along."

Despite all this, Casey can't help comparing being a lawyer now to being a lawyer then.

"Then," he says, "it was fun. You had

to think on your feet. This happened often — one day I went before a judge with the defense lawyer to work out a timetable.

"So the judge says, 'How much time do you need?'"

"I said, 'Four days.'"

"The other side said, 'Four days.'"

"And the judge said, 'We'll give you one day. Mr. Casey, you start right now; we'll

my time, if that were being tried, at the very longest it would go one week — at the very longest!'"

On the other hand, things were a lot more casual back then. Judge Brennan, for instance, was known to shoot from the hip and get through a prodigious number of cases each day. At least up to lunchtime.

"Usually," says Eugene Horton, a San

of sleep. And here would be the prosecutor, and they'd put these guys on for traffic violations or drunk driving. Well, one day the judge had dozed off, and then he came to, and he said, 'I've heard enough. Find you guilty. Ten days in jail!'"

"And the prosecutor said, 'But Judge Brennan — this man is only a witness.'"

"He said, 'I don't care. Send him to jail!'"

"Brennon did epitomize that time. First of all, he was a good Democrat and a good politician. And somewhere along the line he got on the bench, and I've forgotten just how. But he had a good relationship with all the union fellows in town. They respected him and he respected them. And a lot of these union agents would go down there with a fistful of tickets their drivers got, particularly the longshoremen, and they'd go into Judge Brennan's chambers, and they'd work things out. Minor traffic violations: the worst ones would be 502s, DUI — not so serious an

"We would walk — Dad with eight kids — to church over a mile in the morning, rather than spend a dime or a nickel to ride on the streetcar which went near our house."

stay here till tonight, till the case is over with."

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"That O.J. Simpson case — back in

Diego attorney since 1941 who knew Casey and Brennan. "Judge Brennan would have a couple of belts at lunch as well as his lunch. And in the afternoon session he'd be kind

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offense in those days. The union guy would say, 'Here are the facts on the back of this case,' and the judge would say, 'I think he ought to pay a fine of so much.' He was a gregarious, outgoing sort of guy. He'd put said guys on the train out of town. A regular Judge Bean, he was. That was probably the most casual court in town. It was a lot smaller town than it is now. That was the flavor of the times David Casey grew up in. Each judge was a personality. They'd usually know counsel on both sides; maybe they'd practiced [with them]. Just the way things were handled by all parties, the counsel and the judge — there was this background of friendliness and courtesy and respect. We don't have so much of that anymore.

"I think there was a lot more fun in practicing law in the olden days. Things were handled on a kind of small-town basis, including the practice of law. It was pretty informal. You tried the lawsuits, and there was not so much in-depth pursuit of victims. I think there was more of an effort to sue get at the truth and ensure the presentation of the lawsuit in the case and let the chips fall where they may. The adversarial aspect of it wasn't so highly pursued."

"I also did my own research. Even before we were married," says Albert Casey, "we'd be going along a road. David would be looking for landmarks. That was part of his life. It didn't seem to bother him like it bothered me. He was always doing his own investigations of crashes."

Or boning up on blood types in a day when scientific evidence was much less sophisticated.

It's 1950. A woman goes into the hospital for a minor operation and dies there.

"I learned all about blood in that case."

"I used to go to two churches!—and take up collection at both of them so people would see me."

says Casey, sitting back at his desk, stacked high with memorabilia. Outside in the garden, a waterfall gurgles; the pool he swims in daily. "I represented [the victim's] relatives. The other side brought in doctors. As a matter of fact, [one was] the head of Mercy Hospital — a hematologist. And he testified that it didn't make any difference what kind of transfusion of blood this lady had received. That it she did receive a different type of blood, a would have made any difference."

"So I had been doing a lot of reading on blood. And I took this book that I had been reading — it was written by a Mayo Clinic guy — and I said, 'Doctor, you studied where? At Mayo Clinic?'"

"Yes, I did."

"And that's where you got your hematology degree?"

"Yes, it was."

"And what doctor did you study under?"

And he gave me the name. And I said, 'Well, I have his book here. Have you read this book —

blood. If the wrong type blood is given, it can cause the death of the patient."

"I said, 'Well, doctor, does this make any difference to you...'"

"Well, even if he said it, I don't agree with it."

"Then I said to him, 'Doctor, I have here what they call a dog tag. This is what I wore during the war. And you will read to the jury what it says on there?'"

"And he read my name and my number. Then I said, 'What does it say under there?'"

He says, 'There's a letter C.' I said, 'What does that refer to?' He said, 'That is a kind of blood that you should be given if something happens to you.'

"I said, 'And they do this with all the soldiers and all the sailors and all the Marines?'"

"He said, 'Yes.'"

"Well, again his face got very red. I got the biggest verdict ever occurred in San Diego on a woman's death: \$25,000. At the time, that was something."

The session has become too much for Casey. Sr. He excuses himself to go to the bathroom — a result of the nausea he was taking, Casey, Jr., and I shuffle through old photos — Dad abroad the Natick, Dad in a

play, a letter to Casey from Adlai Stevenson soliciting his support against Ike in 1956 (too late: Casey had already started a "Democrats for Ike" campaign). Casey, Sr. returns. He doesn't want to give up the conversation. It's typical of him, says his son. From the start of his career, Casey, Sr., always worked nonstop, days and nights. Both father and his son admit that Dad became a stranger to his children.

"That had made an effort always to keep my name before the public," Casey, Sr. says. "Every way I could. I was probably at one time in 20 different organizations: I was secretary of most of them. Every time I got an opportunity to try a case that would get me some publicity, I would do it, because lawyers were not allowed to advertise at that time. You had to keep your name before the public and let them know that you're a lawyer."

It turns out there was more than just a work ethic at play.

"I had a childhood where my dad, although he was a lawyer, he was hard of hearing — the Casey curse — so that he could not try lawsuits after he was about 35, and

at the time we were in the midst of this terrible Great Depression. Our home in St. Louis was mortgaged, we were thrown out of our house. We had to go to another place to live. We would walk — Dad, with eight kids — to church over a mile in the morning, rather than spend a dime or a nickel to ride on the streetcar, which went near our house."

"Dad might have an occasional case where he got a good verdict, and he would buy a fur coat for my mother, he'd buy velvet suits for all the boys, he'd buy little fur coats for the girls, and he'd buy an automobile if he could. Three months after he got this big verdict, we'd be broke, and we couldn't pay for coal for our furnace. So we had buckets, and my brother Jack, Brew, and I, we'd walk along the railroad tracks, pick up the coal that fell off the trains, and fill up the buckets, bring it back, and fill up the coal bin."

"We'd buy six loaves of bread for 25¢ at the A&P stores. I know, because I used to work there. My brother and I, when we got out of school at 3:00, we would run home and go to a Kroger's store — it was part of the chain — and work there till 9:00. From 4:00

till nine every day, and on Saturday we'd get there at 6:00 in the morning and work till midnight — for \$3 a week. And we were lucky! We were lucky to be able to have a job that paid that kind of money. It was a different kind of a world. When Mother's Day came along, we'd go into the forest and pick flowers for Mother, pick up nuts — walnuts, things like that — that we'd take home."

"And in those circumstances my mother made sure we all right made it to college. When I was in law school, it was a very depressing time. All these young guys that were in my class were dependent about what the future held for them. This was a time when you had the Hoovers in St. Louis, where people lived in cardboard containers, where you could not get a job for anything. Of the people that got out of law school with me, I was the first one to get a job remotely connected with the law, and that was when I came out to San Diego and got a job as an investigator, because nobody would give the young lawyers a job in St. Louis. Matter of fact, if you wanted to join some of the firms in St. Louis, you'd have to pay them \$100 a month."

"The future looked so terribly bleak, so terribly dark for us at that time. And that's when Heller was coming into power. I had come out of the 1918 First World War old enough to know how bad it was. Then you had Prohibition and gangsterism with Al Capone. It wasn't a pretty picture that I was looking at. I hated to live in that type of dirty world — and it was a dirty world. Then the Second World War came on, and I thought, 'What are we doing?'"

"I made up my mind that I was not going to live in fear of being poor, that I was going to work and not buy anything that I could not afford. When I started in San Diego, I'd go down to the office not just six days a week, but seven days a week. I'd go down on Sunday after church — and I used to go to two churches! — and take up collection at both of them so people would see me. Keeping before the public, having my office open..."

"When I finally was able to buy a house in La Jolla, I did not buy furniture, and we sat on boxes for a while, till we were able to get enough money to pay cash. I didn't want to buy anything that I didn't pay cash for."

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Phone Matches™ Success Stories:

Clint & Kerstin Crowe

26, DOWN-TO-EARTH. California guy, 24, 180 lbs., blond hair, blue eyes, looking for adventurous female travel companion, maybe more. Going to Baja late October. ☎

Kerstin: Every once in a while I would answer one of two Phone Matches™ ads, and then I'd wait a few months and hear again.

Clint: At the time, I was just looking for companionship. I had planned a two-week trip to Baja and wanted someone to come along.

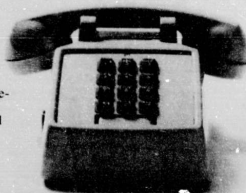
Kerstin: I love to travel, and going down to Mexico sounded real attractive to me. I left a message in Clint's voice mail but didn't hear from him for a week and a half. I thought he wasn't interested.

Clint: Right after I ran the ad, I got into a three-wheeler accident. I had three broken ribs and a separated shoulder. So I had to call Kerstin and tell her the trip was off.

Kerstin: I didn't even know what a three-wheeler was. I'm from Germany and we don't have any deserts.

Clint: On our first date we went out on my boat. We sailed around Mission Bay and then out on the ocean. Afterwards, we ate dinner at Casa de Pico.

Kerstin: At first I was a little skeptical, but after three weeks, I knew he was it. I've never met anyone I fell for so quickly. He was down-to-earth and not flaky.



**San Diego Reader
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Reader

Calendar

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Samba Puro Brazilian Dance Class

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LOCAL EVENTS

to temples and crying. "Those drums! Those drums! On and on, POUNDING INTO MY BRAIN!" But you will not want them to stop.

Under the auspices of Baraka International Arts, Apua Garbeaux teaches Brazilian samba dancing at Isaac, McCaleb Dance Studio in Hillcrest. Garbeaux gets as many percussionists as she can to accompany the class; last Thursday, four showed up. One drummer beat with mallets on a *surdo*, a big metal drum, providing the bottom note, *hump-bum-ba-hump-bum-ba-hump*. On top of that, a second drummer hit out a syncopated *de-dah-dah-dah-dah-da-da-da-da* on a *tamborine*, a six-inch tambourine. A third drummer added filigree with a *pandero*, a normal-sized tambourine. A fourth drummer shook the *ganza*, making a peppery sound for everyone's hips to mimic.

The drummers didn't stop for an hour. When an African drummer arrived early for the Worldbe it-Africa Dance class, he jammed along. They "got into a samba groove," as one of them put it, and the rhythms just

evolved — although with a *repinique*, a snare drum missing that night, rhythm and speed changes would be dictated to other players.

Apua Garbeaux looks like a samba teacher should: long, shiny black hair, face like Barbara Carrera, elegant hips. For last Thursday's class, she wore parrot-blue dancewear, a necklace of green beads, and little samba sandals, their black leather worn to gray fuzz underneath her feet.

Apua became

enamored of samba

20 years ago in

San Francisco. Then,

while living in Rio de

Janeiro, she danced with

the Fortela samba school

in Carnival parades. She

later taught and danced

with her Samba Puro

ensemble in L.A.,

moved here with her

husband and three

kids this spring.

"Samba dancing is

basically deep plié with

hip movement," Garbeaux

told me later. "The body is

like a ribbon." During class,

Apua's supple form resembled a

ribbon while newer dancers' were

more like sticks — at first. With

the drums going, Garbeaux faced

a bank of mirrors. Five students

ranged behind her. Apua danced,

and the students caught on.

Lunges and arm waves began

slowly, metamorphosed into

your basic fertility dance moves.

Knees apart and bent, you pose

fingertips on your hipbones, shake

those hips double time while your

feet take small steps at each beat.

Progressing, to more complicated

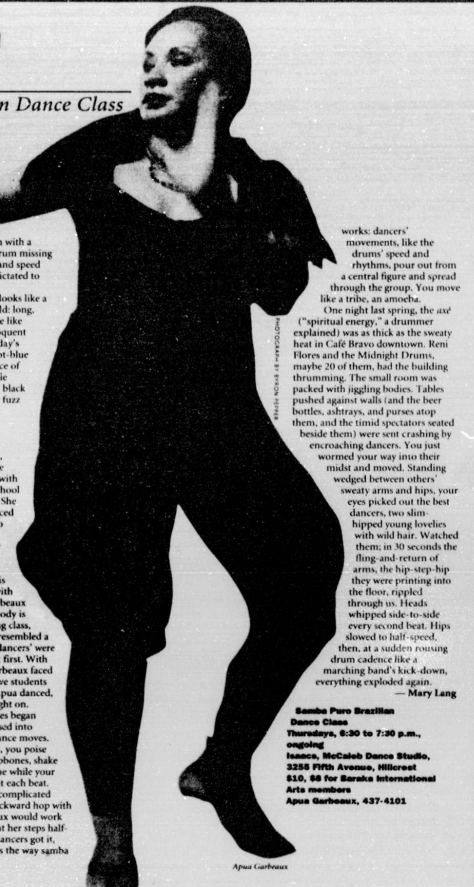
footwork — like a backward hop with

side kicks — Garbeaux would work

her feet rapidly, repeat her steps half-

time until the other dancers got it,

speed up again. That's the way samba



works: dancers' movements, like the drums' speed and rhythms, pour out from a central figure and spread through the group. You move like a tribe, an amiche.

One night last spring, the ad

("spiritual energy," a drummer

explained) was as thick as the sweaty

heat in Cafe Bravo downtown. Reni

Flores and the Midnight Drums,

maybe 20 of them, had the building

thrumming. The small room was

packed with rigging bodies. Tables

pushed against walls (and the beer

bottles, ashtrays, and purses atop

them, and the timid spectators seated

beside them) were sent crashing by

encroaching dancers. You just

wormed your way into their

mud and moved. Standing

wedged between others' sweaty

arms and hips, your

eyes picked out the best

dancers, two slim

hipped young lovelies

with wild hair. Watched

them, in 30 seconds the

fling and return of

arms, the hip-step-hip

they were printing into

the floor, rippled

through us. Heads

whipped side-to-side

every second beat. Hips

slowed to half-speed,

then, at a sudden rousing

drum cadence like a

drumming band's kick down,

everything exploded again.

— Mary Lang

**Samba Puro Brazilian
Dance Class**
Thursdays, 6:30 to 7:30 p.m.,
ongoing
Isaac, McCaleb Dance Studio,
3235 Fifth Avenue, Hillcrest
\$10, \$6 for Baraka International
Arts members
Apua Garbeaux, 437-4101

Apua Garbeaux

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Calendar LOCAL EVENTS

Learn the requirements and techniques for a quilt panel and see 140 of them on display. Workshops are held at Pilgrim United Church of Christ, Chestnut and Monroe Streets, Carlsbad. The event is sponsored locally by the North County AIDS Coalition. 434-0733.

"A Night on the Net," the next general meeting of the San Diego Digital Multimedia Association will be held at the Qualcomm auditorium and will cover such topics as understanding Internet technology (De Bell talks about ISDN increased bandwidth; Qualcomm's Future Pro and new authoring tools; a special presentation of Netscape. The meetings are for Tuesday, October 24, beginning with no-host bar and hors d'oeuvres at 6 p.m. and the program from 7 to 8:30 p.m. Admission is \$10 for non-members, \$5 for members and students. Qualcomm is located in Sorrento Valley, at 6405 La Jolla Village Road. RSVP: 685-068.

"The Artistic Way," a book on creativity by Julia Cameron, will be the model for a discussion and demon-

stration by Nancy Ann Williams. Her talk will cover such topics as self-sabotage, risk taking, and the creative process. She'll make her presentation on Tuesday, October 24, from 7 to 9 p.m., at the Bookstar in the Costa Verde center, 8650 Genesee Avenue, La Jolla 92037.

"The Life and Music of Bela Bartok," the third presentation in a series of five, which cover the composer and his work, will be held on Tuesday, October 24, at 7:30 p.m., at the Alhambra Music and Arts Library, 1008 Wall Street, La Jolla. Visiting musician scholar Eric Bromberger is the presenter. Particular emphasis in the series is on Bartok's American role. There will be video interviews with his family and friends and sections from his stage works. Admission for individual sessions is \$12 for members, \$15 for non-members. Call 434-9872 for information and reservations.

Hakema Demonstration, master teacher of the Seguin School Hakema Labovitz presents a demonstration of the Japanese art of flower arranging, using autumn colors and local fall materials, at the next meeting of the San Diego Chapter of the International Association of Flower Arrangers, Wednesday, October 25, 10 a.m. to 12 p.m. at the

Casa del Prado in Balboa Park. A workshop follows the meeting. Reservations for Friday, October 20, are required for workshop participation, plus a \$5 fee for materials. 232-5782.

Biblical Scholar Michael Nakhle, chief historian of the Survivors of the Shoah Visual History Foundation and former director of the Museum of the Holocaust, addresses the subject of the meaning of life will be a lecture titled "I Am Here and I Would Eat It Again: Man, God, and the Garden of Eden." This entry in the "New Perspectives in Jewish Studies" lecture series is set for Wednesday, October 25, at 4 p.m., in room 100 of Nassit Hall on the SDSU campus. Free. 394-4455.

"Remembering World War II," the third entry in this eight-part reading and discussion series, presented by the San Diego Armed Services YMCA, will be "Coming Home from the War." Local military historian Mercedlye Vucina leads the discussion. It's scheduled for Wednesday, October 25, at 2 p.m., at the Veterans Memorial Center, 2113 Park Boulevard, Balboa Park. For more information, call 232-1133.

"Beyond Believing: Continuing Commitment to Claiming Roots of Bel-

ieving" is the subject to be addressed by Lorena A. Scott and friends, who attended the United Nations Fourth World Conference on Women in Beijing in September. Ms. Scott presented a paper there titled "Roots to Domestic Violence: Verbal Abuse." They will discuss their experiences and the 12-point platform adopted at that conference. The event, open to men and women, is set for Wednesday, October 25, at 7:30 p.m., at the Ocean Beach Recreation Center, 4726 Santa Monica Avenue, Ocean Beach. Free. 223-5458 or 571-2007.

Silk Purse from a Son's Eye, San Marcos photographer Will Gilman will discuss the digital tools available to salvage hatched-up black and white negatives and produce a fine print. He'll be speaking at a meeting of the North County Photographers Society, Wednesday, October 25, at 6:30 p.m., in the Eick Building at Qualcomm, 10000 La Jolla Village Drive, Encinitas. Non-member admission is \$3. For details call 752-6375.

Basic Bicycle Maintenance, the REI store's two-hour monthly clinic, for October is set for Wednesday, the 26th, at 7 p.m. Learn how to fix flats, conduct a pre-ride safety check, adjust the brakes and derailleurs, and more. It's held at the store at 5356

Copy Drive, Kearny Mesa. Free. 239-4400.

Hubble Update, get a close view of what's new with the Hubble telescope, see some recent images, and learn something of what the scope is teaching us about the universe. Bill Banay of UCSB is the speaker. He'll be in the Gayman Room Lecture Hall of the Rehoboth B. Hien Space Theater in Balboa Park on Wednesday, October 25, at 7:30 p.m., as the last speaker in the "Eye on the Universe" lecture series. Admission for non-members is \$5 for adults, \$1.75 for kids from 9 to 15. For more information, call 238-1223.

Author, Marlene Carr, L. General V.H. Kralak offers a briefing on the current situation in Bosnia and his views on how the U.S. can combat domestic terrorism when he speaks at a breakfast meeting of the Adam Smith Institute, next Thursday, October 26, 7:30 a.m., at the Hana Hotel, 1270 Hana Hotel Circle, North Mission Valley. Admission for members is \$14 in advance, \$16 at the door; \$20 for guests in advance, \$22 at the door. For more information, call the institute at 484-1276.

Standup Comedy may be enjoyed every Friday (at 9 p.m.) and Saturday (at 8:30 and 10:30 p.m.) in the Comedy Club at the San Diego Marriott (1877) Rios San Diego Drive, Mission Valley. This week, laugh along with Dennis Ross, Karen Ronen, and Jonathan Lane. For information and reservations, call 692-3600.

Rock the Villain and cheer the heroes when the Italian Triangle Club presents its annual "Old-Time Melodrama and Old-Time Comedies" on Tuesday nights through Sunday, October 28, at the Italian Town Hall (at Highway 78 and 79 and Main Street, in downtown Italian).

A community sing begins 15 minutes before each cartoon. Showtimes are at 7:30 p.m. on Fridays and Saturdays and at 8:30 p.m. on Saturdays and Sundays. Admission is \$3 for adults, \$2 for children. Owners' call 761-9741 for answers.

Maggie McGovern is the filmstar heroine of Wendy Horman's mystery novels, the latest of which is 776

IN PERSON

CD Release Party, Enchanted Valley records of the diverse literary scene in San Diego, is a spoken word CD compilation by 25 local writers. It was produced by Gary Hueston and Sandra Zane at Incommensurate Press. A reading and reception to celebrate the release will be held tonight, Thursday, October 19, at 8 p.m., at the Wilbur Cafe, 1427 Park Boulevard (at El Cajon), University Heights. Part of the proceeds from the sale of the CD benefits the San Diego Public Library's free adult literacy program. BY Adnan Daga.

At the reception will be Sandra Alkover, Rae Aramant, Marilyn Chitt, Quincy Torgue, Jerome Rothenberg, Noelle B. Adrian, Aron Chik, Tom Edwards, Gary Foltz, John Hirsowitz, James Jara, Tamara Johnson, Edna, Chris Yarnes, Ser Reyes, Fabian Dunbar, Miguel Angel Sierra, Mary Williams, and Chris Galante.

The event is free. For more information, call 234-9400.

Standup Comedy may be enjoyed every Friday (at 9 p.m.) and Saturday (at 8:30 and 10:30 p.m.) in the Comedy Club at the San Diego Marriott (1877) Rios San Diego Drive, Mission Valley. This week, laugh along with Dennis Ross, Karen Ronen, and Jonathan Lane. For information and reservations, call 692-3600.

Getting the Upper Hand, if you've got a pet or two, the San Diego Humane Society and the SPCA have the answer. Once an owner understands why his or her pet is behaving a certain way, peace can be restored. The number one reason pets are left at shelters is behavior problems. The fourth Thursday of every month is the time to bring your pet problems (but not your pet, please) to the experts. The next class for owners, given by a pet behavior professional, will be next Thursday, October 26, from 6:30 to 8:30 p.m., in the classroom of the Humane Society's shelter for small animals, 867 Sherman Street, just off Montana Boulevard in the Bay Park/Old Town area. And owners of even the best behaved pets are invited to come and learn. The seminar is a \$10. People only, no animals, please. For more information or to register, call 299-7012.

Street Requiem, set in L.A., The author will be appearing at Enchanted Valley Books and Coffee, the Plaza, 1555 Camino Del Mar, Del Mar, on Friday, October 20, at 6 p.m. (7:55-7:57), and at Mystery/Noir Gallery bookstore, 3804 Conway Street, between Ochoa and Oxtown, Kearny Mesa, on Saturday, October 21, from 2:30 to 4 p.m. 268-4747.

"The Country of the Lonely Men," Diego Moreno's sociological study of American life from the perspective of someone outside the U.S. discusses the impact of living in the world's most developed capitalist country. He examines the personal and economic freedoms, the potential tragedies of loneliness and discontent, and U.S. attitudes toward politics, the environment, and class struggle. Moreno is a Tijuana director of urban and economic planning, and he will be present at a book signing, co-sponsored by the San Diego-Visana Junior Civic Society, on Friday, October 20, at 6:30 p.m., at Bay Books, 1029 Orange Avenue, Coronado. Free. For more information, call 437-4255.

A Night of Adult Storytelling sponsored by San Diego Toastmasters is scheduled for Friday, October 20, at 7 p.m., at the Loma Theater Book Store, 3150 Riverfront Plaza, Room 223-0465.

Local Dives, stars of the acoustic scene, will appear in concert, sponsored by San Diego Folk Heritage, Friday, October 20, at 7 p.m., Choices Restaurant, Shiley Sports Center, 10420 North Torrey Pines Road, La Jolla. Exit 1-5 at Genesee, go west, turn right on North Torrey Pines, make a U-turn at Science Park Road, and go to the second driveway (just past the Sheraton Hotel). The restaurant is at the back of the Sports Center building, on the second floor. Admission is \$5, kids 12 and under, free. For information call 436-4030.

"Be Mad, Affair," this "computer age" novel of our time love" was written by San Diego Robert Hirsch and will be presented by the Carlsbad Playwrights on Friday, October 20, at 7:30 p.m., at the Carlsbad Senior Center, 799 Pine Avenue, Carlsbad. Free tickets and information, call 729-3383.

"The Haunted Secret Season," Any Tan will be speaking and signing copies of her newest novel about two sisters both united and divided by traditional ghost stories. The event is set for Friday, October 20, 7:30 p.m., at Warwick's bookstore, 2121 Grand Avenue, La Jolla. 434-0347.

Michigan Poet Richard Tillar just reads from his fifth collection of poetry, *The Silence*, at 6 p.m., at D.G. Wilk Books, 7481 Grand Avenue, La Jolla. Tillar has studied with Robert Lowell at Harvard and currently writes regularly for *The New York Times* and *The Washington Post*. 456-1902.

The poet will also be reading and discussing his work on Saturday, October 21, from 4 to 5:30 p.m., at the Bookstar in the Costa Verde Center, 8650 Genesee Avenue, La Jolla. 437-7541.

"Dirty Work," this spoken word event, featuring M.J. Blue, Noelle B. Johnson, Tamara Johnson, Dan Whitworth, and guests, is set for Friday, October 20, at 6 p.m., at the Rita Dean Gallery, 548 Fifth Avenue, downtown. 348-4155.

"Tales from the Haunted Station Wagon," this spooky special effect will be presented continuously from 9 to 11 p.m. on Friday, October 20 (and again on the 21st). It's presented by Paul Place 4 Visual and Performing Arts and can be seen at 921 E Street, downtown. Admission is pay what you can at the door. For information call 233-5733.

"The Wandering Arm" is the third Catherine LeVendeur novel written by Sharon Newman. It's set in 12th-century France and involves the recovery of a lost religious and Jewish heritage in that time and place. The author will be at Grounds for Murder Mystery Bookstore, Saturday, October 21, from 4 to 6 p.m., for a book signing and will present a brief talk on her work at 6:15. The shop is located at 1808 Fifth Avenue, Hillcrest (299-5600). On Sunday, October 22, from 2 to 3:30 p.m., she will be at Mystery/Noir Gallery bookstore (3804 Conway Street, Kearny Mesa). 268-4747.

Sury's Zoo Creator Sury Spofford will sign her latest book, *Alphabetical Soup*, in an appearance at the Loma Theater Bookstar, 3150 Riverfront Place, Loma Plaza. The date is Saturday, October 21, 3:30 to 5 p.m.

"Illustrating and Writing a Children's Book," Amy Tan and Gertrude Schickel offer advice from the experts on this topic. Schickel illustrated Tan's two children's books, *Monkey Lady* and *The Chinese Summer*. Cat. They'll make a personal appearance with a slide show, and a question and answer session, on Saturday, October 21, at 6 p.m., at the Book Works, Flower Hill Center, 2870 Via de la Valle, Del Mar (753-5735).

Art Collector and Historian I. Robert Orton talks about his career and his new book, *Revelance*

and *Blasphemy: The Confession of an Art Collector*. Saturday, October 21, at 8 p.m., at D.G. Wilk Books, 7481 Grand Avenue, La Jolla. Orton has some insights into art world personalities and the "byzantine backroom dealings" of museums and auction houses. 436-1860.

"Oxide Releasing of the Seed," spoken word and poetry can be heard at Calk American, 4444 College Avenue, in the SDSU area. Presenters are Elise, Liane Wann, Noelle B. Johnson, Davis, Angela Boyce, Tamara Johnson, Elizabeth Lennin, Mirveta, Melissa Vannoy, and guests. It's scheduled for Saturday, October 21, at 8 p.m. A donation of \$3 to \$5 would be appreciated, but no one will be turned away. 477-5945.

Monday, October 21, 3:30 to 5 p.m. 225-0465.

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Calendar LOCAL EVENTS

and follow the signs. Tickets are \$10 general, \$5 for ages 7 to 12, free for ages 6 and under. 743-0983.

Hardware, Software, Bells and Whistles. You'll find it all at the Mar Art/Fire Computer Products Show, Saturday, October 21, 10 a.m. to 5 p.m., at the Del Mar Fairgrounds, Jimmy Durante Boulevard, Del Mar. Admission is \$6. For a full schedule, call 685-8020 or check the Web at <http://community.net.markets>.

Children's Books, Cookbooks, Novels, and a range of other used books will be for sale on Saturday, October 21, from 10 a.m. to 3 p.m., to benefit the San Diego Public Library's free adult literacy tutoring services, READ/San Diego. You'll find the volumes at the Adams Avenue Recreation Center, 34th Street and Adams Avenue, in Normal Heights, 323-7131.

"Taste of Price-Cutters," local restaurants offer samples from their menus in this fundraiser for local charities to be held at each Price-Cutters and Costco Wholesale location, Saturday, October 21, from 10 a.m. to 2 p.m. "Taste" costs only \$5 and are good for 15 minutes for the closest location; see the phone book or call 490-3438.

"Pioneer Celebration Day," the feature of this event in Ramona will be an open house at the C.W. Woodruff Museum (643 Main Street), a period-furnished, 1886 French provincial adobe home. The museum and grounds will be open after the commemorative ceremonies, Saturday, October 21, at 11 a.m. Craftspersons will demonstrate spin-

SAVAGE ART: A BIOGRAPHY OF JIM THOMPSON



Robert Polito

Savage Art: A Biography of Jim Thompson. A.A. Knopf, 1995, 528 pages with 41 photographs. \$30.
Type: Biography
Setting: Oklahoma, Nebraska, New York City, San Diego, and Los Angeles
Time: 1900-Present

Stephen King: "My favorite crime novelist — often imitated but never duplicated — is Jim Thompson." Sean Penn called Thompson's *The Killer Inside Me* "the best book I've ever read." Thompson (1906-1977), born in Oklahoma, wrote some 26 novels, countless short stories, and true-crime pieces. Early in life Thompson supported himself, his parents, and sisters by working as a hotel bellboy, oilfield roughneck, and film projectionist. Thompson married, fathered three children. During the 1930s, he directed Oklahoma's Federal Writers Project. He moved to San Diego in 1941, taking low-level jobs at Ryan Aeronautical and Solar; he worked for nine months as a reporter for the now-defunct *San Diego Journal*. He lived in San Diego off and on for a decade, before moving to New York and then to Los Angeles. In L.A., Thompson did two screenplays with Stanley Kubrick (who said of Thompson's 1952 novel *The Killer Inside Me*: "Probably the most chilling and believable first-person story of a criminally warped mind I have ever encountered"). From boyhood on, Thompson said, he was an open house at the C.W. Woodruff Museum (643 Main Street), a period-furnished, 1886 French provincial adobe home. The museum and grounds will be open after the commemorative ceremonies, Saturday, October 21, at 11 a.m. Craftspersons will demonstrate spin-

In 1964, Barry (Wild At Heart) Gifford founded Black Lizard Books, in

READING

part to reissue Thompson's out-of-print titles. Five years later Vintage Books bought Gifford's lot. The reissues brought Thompson attention from a new generation of readers. Film versions of *The Grifters*, *After Dark*, *My Sweet*, *The Kill-Off*, and *The Getaway* followed.

Robert Polito explains *Savage Art* as "a kind of secret history of 20th-century America, with Jim Thompson — at its center." Polito is a poet and scholar, his poet's ear and scholar's doggedness after facts show to advantage in this biography.

When we talked recently by telephone, Mr. Polito was at home in his Upper West Side Manhattan apartment. I asked how he got interested in Thompson.

"The way a lot of people got started in the 1980s when Black Lizard began to bring out the reprints. The first I read was *A Hell of a Woman*. I was transfixed from page one. This was one of the funniest openings I'd ever seen, and the more I read of it, the more outrageous — and, to use a trendy word, 'transgressive' — it was. The most amazing thing about Thompson's books is that, some 20 years after his death, they can still lift the top of your head off."

Thompson's fiction fills up with brutal, lurid scenes. Thompson's life wasn't a happy one. What has it been like, for Polito, to work with the Thompson material?

"It would be convenient if I could spin stories about how I turned into an alcoholic, a hobo, or suffered some dire experience in Hollywood. But more than anything, this book feels like my real education in American history and American life. If you had told me ten years ago I would ever reconstruct in vivid detail what it was like to live in Oklahoma Territory in 1904 (when Thompson's parents lived there), or that I would know the intimate ins and outs of writing for true-crime magazines in the '30s and '40s or for the paperback original houses in the '50s [as Thompson did], I would have said you were mistaking me for someone else."

Mr. Polito has been known, primarily, as a poet. Did he get many poems while he worked on the biography?

"He didn't." Writing the biography occupied the same area of my brain that poems do. I really conceived *Savage Art* as a kind of nonfiction novel. I put a lot of energy into making it detailed, fluid, and narrative. I wanted the book to read like a novel, but without ever sounding hokey. I never wanted to say, 'Thompson thought,' or, 'He must have thought.' I never wanted to presume to put myself inside him. This was a kind of complicated formal task that I set myself. I wanted *Savage Art* to suggest a novel, yet without

(continued next page)

SAVAGE ART (continued from previous page)

intruding on the kind of internal access that novelists usually claim over their characters. All the points I needed to make then had to rise out of the details, the quotations from Thompson's books, or the history and texture I swooned up and the people I interviewed. I interviewed over 200 people, and I became obsessed with these extraordinary American voices."

Did he use a tape recorder?

"He did. 'I wanted to reproduce these voices as faithfully as possible. What happened, over and over again, was that people would come up with phrases or fractured versions of clichés that I couldn't have concocted if I sat in front of a computer all night. For instance, one of his agents was trying to explain for Thompson's relationship with Stanley Kubrick and he said, 'Thompson was the inside man in the Kubrick skunk works.' I never would have thought of that — and I don't know exactly what it means. But it suggests this kind of wonderful cartoon Rubé Goldberg device of Thompson inside the vast Kubrick machine, keeping all the gears going. It was just delightful. I knew I had to trust these voices if I wanted to write Thompson's story. But luckily they were so original and varied."

Mr. Polito's wife's parents live in Laguna Beach. He came to San Diego often, doing research on Thompson. He drove around and looked at houses Thompson lived in.

He interviewed Lonnie Van Vleet, who worked on the *San Diego Journal* at the same time Thompson did. He spent several days in the California Room in the downtown public library going through *San Diego Journals* published during the time Thompson worked for the *Journal*. "I love that area," said Polito, "where the post office and library are. When I'd go there, I'd think, 'This must look essentially as it did when Thompson was alive and living in San Diego.'"

I asked Mr. Polito about Thompson's San Diego years.

"His San Diego years coincide with the period during which he finally transformed himself into a serious writer. Thompson previously had published some poetry, nonfiction true crime, short stories,

and had attempted but ultimately failed at a novel. But upon his arrival in San Diego in the 1940s, he produced *New and on Earth*, *Heard the Thunder*, and then his first crime novel, *Nothing More Than Murder*. Still, San Diego was a fairly unhappy time for him. The war had just started, and he endured what for him was a series of dismal dead-end jobs in the airplane factories. And while his wife, Alberta, worked at Solar, he served as a kind of an early house husband, cooking meals and taking care of the children."

"The books he published during his San Diego years were largely created outside of San Diego. He would go to New York to write. Thompson maintained this almost double life. In New York City he would be immersed in writing and his friends, but back in San Diego, everything was much less fulfilling and satisfying."

I confessed that the bloody, violent scenes in Thompson's books scare hell out of me.

"Thompson," Mr. Polito suggested, "accomplished a particular thing better than anyone else who has attempted it. He got inside the most twisted casualties of the American dream and rendered their internal dramas not only vividly and stylishly but with a powerful formal apparatus that mirrors their deepest self-deception. There was an imaginative empathy with the most extreme outsiders in American life. He was able to render them accurately, and with great art."

Contemporary Americans carry a lot of sentimentality about art. Unless art is perceived as healing or otherwise ameliorative, we often don't know what to do with it. But a case can be made that the greatest art isn't healing and ameliorative, that in fact it's more like what Thompson's art is, in that it leaves a lot of messy, unraveling loose ends. Art often cracks things upon rather than neatly putting them back together.

Thompson's novels can seem so incoherent, so unresolved, so I suppose his life also. That's more the compelling — sometimes frightening — aspect for me: how personal his books turned out to be, and how much of his own story he poured into these crime novels."

— Judith Moore

Book

SIGNING PARTY AND READING

Bay Books Latin America Writers Series

FRIDAY, OCTOBER 20 • 6:30 PM

THE COUNTRY OF THE LONELY MEN

by **Diego Moreno**, known for his visionary leadership in San Diego/Tijuana regional planning; is presenting his first novel, *The Country of the Lonely Men*. It is an insightful and potentially challenging, sociological study of American life. Moreno asserts that American values of privacy, individuality, and freedom may lead to loneliness and discontent.

WEDNESDAY, OCTOBER 25 • 6:00 PM

NAMING THE SPIRITS

by **Lawrence Thornton**. Lawrence Thornton established his reputation with *Imagining Argentina* (1987) *Hemingway Foundation Award*. A *New York Times* reviewer raved, "Thornton seems to have wedded his study of such writers as Borges and Marquez with his own instinctive gift for metaphor..." In *Naming the Spirits*, Thornton returns to Argentina as the Dirty War is ending to illuminate the psychic wounds of a people whose new government issued amnesty to those who had committed heinous crimes.

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Reader

SAN DIEGO'S WEEKLY

Calendar LOCAL EVENTS

"Sample, Don't Trample, the Beach," naturalists from Scripps Institution of Oceanography's Stephen Birch Aquarium will help participants learn to investigate the shoreline and its plants and animals without damaging or destroying the environment. The beach near the aquarium will be the classroom, Saturday, October 21, from 12:30 to 2:30 p.m. Space is limited. Advance registration is required. Fee is \$15 for adults, \$11 for children 10 and under. For more details and registration, call 594-7386.

A New Mangrove School celebrates its fourth year. It is the first mangrove school in the world. The school is a French language immersion school at 1001 14th Street, San Diego. The school will include civics, board of directors, and school district's dignitaries, plus food and entertainment. The open house is scheduled for Saturday, October 21, from 1 to 2 p.m. with French and Spanish food and entertainment. The French School is open to all ages. For details, call 261-8414.

"Solidarity Fiesta," a fund-raiser for the Support Committee for Migrant Workers will include Mexican food, music, dance, poetry, and performance art. Featured performers are Word of Mouth, led by Edie Harding and Gary Johnson, formerly of Sabia. The group includes musicians from Costa Rica, Cameroon, Benin, and the U.S. They offer Latin folk-pop (mexican) and African rhythms. The event is on Saturday, October 21, with dinner from 5 to 7 p.m., and entertainment from 7 to 9 p.m. It will be held in Cofreman Hall, 5091 Center Street (near Park and University) in Hillcrest. Suggested donation is \$7. 542-0626.

Colonel Mustard with a Rooster in the Romance Novel Section, it's a big game of "Clue" at the Del Mar Barnes & Noble this Saturday, October 21, from 6 to 8 p.m. Listen to the mystery story, search for clues around the store, and solve the case to win some prizes. You can come alone or bring a group. The adults-only event will be hosted by local authors and a private eye. The store is located at 12835 El Camino Real. Reservations are appreciated but not required. 481-4018.

Presets and Plans, the San Diego Humane Society and SNA have scheduled this year's "People for Pets" gala on Saturday, October 21, at the Olsen Airway Flying Museum at Valley Forge.

RENO: HARD-BOILED

(For Geoffrey O'Brien)

The RVs parked in the Comstock lot radiated heat, waves of it.

Reminds me of *El Centro*, Gladys said. One time it was so hot you could only pick up two shirts on the radio.

But south of town you could still make out patches of snow on the higher peaks over toward Steamboat and Virginia City.

Gladys had the sort of face that belongs in magazines where you're not supposed to notice the face.

The hotel she found us

was one of those old brick affairs with a fancy cornice and Nevada Gothic in the doors and windows. Probably elegant once, it now felt more like the backdrop for a Jim Thompson novel, one that will never be filmed.

The old guy at the front desk, a top classic fit as well with the cowboy tie, suspenders and two white mustache, dapper, crooked and shiny to the tips of his pointy black boots. Everybody was out of central casting that week. Even the drifters hanging around outside the Mission or that beat-up little bungalow called House of Hope. So when Edie took a shiv in his gut that night in the parking lot, Mr. D's Backstage Club was there to see the plot. Gladys, the killer and me, whether we liked it or not.

My life's been a succession of Gladyses. I thought to myself, watching her pore over the Racing Form hours on end, smoking Chesterfields in her underwear.

Later afternoon she'd go catch the feature race at the Sports Park in the Flamingo and commence with the gamblers. Meanwhile, she might as well be reading the *Talmud* since she was so still and engrossed, except when she butted her smolder on Goody's snout in the joke asphyx she'd won at some casino.

I found myself on a bar stool later that evening at Mr. D's, next to a curiously solemn Englishman. He smelled of prime rib, bourbon and sweat and kept sticking five spoons in the panties of a young blonde who danced dirty for him while he just sat and stared his whiskey.

Between songs you could hear the freeway in the distance.

He was one of those gruff, blocky, northern English, working class, who said *rud* (as in *few now*) for *rough*. You'd think he'd never seen a blonde in her knickers before the way he kept muttering.

Christ, you're buffed (rhyming with *rud*), then something about a chubby he had on.

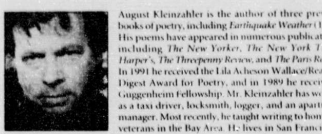
I decided to go outside and take some fresh air when I ran into Lons, a high yellow gal from back East. She was older than the others and used to know Gladys from their *Century 21* days over in Tahoe. I checked out the giant billboard across the highway with Sammy Davis and Roy Orbison look-alikes, something about a forthcoming *Night of Stars*.

Dead stars, seemed like to me. Lons knew I wasn't there for a couch dance. Edie and I go all the way back to lava lamps, when we ran up and down the coast to Eureka. Lons would have been just a scowling kid then, pitching pennies against a wall in Brooklyn.

The Southern Pacific began roaring past along the top of a ridge a few black blocks behind us, pulling eighty cardboard of coal from Utah. I suddenly picked up a whiff of her perfume. It reminded me a little too well of car freshener.

That was an instant before she fell into my arms, dead as the smoked trout Gladys had for dinner at the Roque place, along with about seven gamblers, on an evening that now seemed a lifetime away.

From Red Snow, Whiskey and Snow (1995), reprinted by permission of Farrar, Straus & Giroux.



August Kleinzahler is the author of three previous books of poetry, including *Fortitude* (1989). His poems have appeared in numerous publications, including *The New Yorker*, *The New York Times*, *Harper's*, *The New York Review*, and *The Paris Review*. In 1991 he received the Ida A. Schenck Wallace Book Award for Poetry, and in 1989 he received a Guggenheim fellowship. Mr. Kleinzahler has worked as a taxi driver, locksmith, logger, and an apartment manager. Most recently, he taught writing to homeless veterans in the Bay Area. He lives in San Francisco.

tion vehicles in Southern California. The MOPARs are Super Reds, Road Runners, Barracudas, Chargers, and Vipers. The San Diego MOPAR Club will be in attendance. As usual, there will be other street rods, muscle cars, hot rods, customs, and a vintage display, perhaps for sale, plus the parts swap meet. The event is from 8 a.m. to 3 p.m. on Sunday, October 22, in the college parking lot, Exit 805 on 163 at Mesa College Drive, and go west one mile, 484-9342.

MOPAR and Me, the San Diego CARS Swap Meet and Mesa College has arranged for a display of some of the best Chrysler Corpora-

tion vehicles in Southern California. The MOPARs are Super Reds, Road Runners, Barracudas, Chargers, and Vipers. The San Diego MOPAR Club will be in attendance. As usual, there will be other street rods, muscle cars, hot rods, customs, and a vintage display, perhaps for sale, plus the parts swap meet. The event is from 8 a.m. to 3 p.m. on Sunday, October 22, in the college parking lot, Exit 805 on 163 at Mesa College Drive, and go west one mile, 484-9342.

Street Ringers, the San Diego Producers club, established in

1941, is the oldest street rod club in America with only 1948 Ford (or older). They're scheduled their annual picnic, car swap meet, and jam cake breakfast for Sunday, October 22, from 8 a.m. to 3 p.m., at the intersection of El Camino Real and Mountain Vista. The Original Grand Prix provides the same go-go for dancing, and there will be plenty of filling food, a beer garden, and hundreds of great old cars. Admission donation is \$4 for adults, kids under 12 with an adult are free. For more information, call 433-4446 (weekdays), 483-1941, or 484-9763.

Openair Celebration, the county's first festival of outdoor culture, will be held on Sunday, October 22, from 10 a.m. to 5 p.m., at Mesa College.

Legs of Oxacaca, a company (Mrs. Bernard Dine), has organized a 2nd annual harvest festival, honoring the gods of corn, rain, and fertility, will be celebrated in southern Mexico. Featured entertainers are traditional musicians, singers, and dancers from Oxacaca, there will also be food booths, lectures, and displays. Some participants will be dressed in traditional costumes of the Mixtec and Zapotec people. The event is sponsored by members of the Coalition of Indigenous Communities of Mexico. A Mesa College MEXA, and the college's Third World Connection. It's free. For information (in English),

call 757-2171 x430, 435, or 433 (in Spanish) 430-5129, 430-6187, or 757-2141-6185.

Harvest Festival, 11 a.m. to 5 p.m. will be held at Mesa College. The event is a celebration of the harvest and the gods of corn, rain, and fertility. It will be held on Sunday, October 22, from 10 a.m. to 5 p.m., at Mesa College. The event is a celebration of the harvest and the gods of corn, rain, and fertility. It will be held on Sunday, October 22, from 10 a.m. to 5 p.m., at Mesa College.

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lection in La Jolla, Sunday, October 22, from 10 a.m. to 5 p.m. This is a benefit for the library and includes a tour for the collector and a reception at the estate. Among the collection are books by Dan Johnson, John Steinbeck, and David Nash. Admission to the event is a tax-deductible \$45 per person. Reservations are required, call 434-5877 for additional details.

Spanish Music and Dances are featured in this week's new program at the House of Pacific Relations in Balboa Park, Sunday, October 22, at 2 p.m. The House of Spanish hosts the event, which features regional dances from Andalusia, Aragón, Asturias, Valencia, and Madrid performed by the Spanish Ball of San Diego. Free.

Taste the '90s Harvest, the American Institute of Wine and Food, in conjunction with Uffizi Vineyards and Winery, offers a *Taste of the Harvest* dinner, with specially selected foods to taste the evening's wines, prepared by chefs from the AIFW restaurant. Music is provided by concert guitarist Diego Contreras. The event is open to non-members and will be held on Friday, October 22, from 6 to 8 p.m., at the winery at 1445 San Felipe Road, Encinitas. Reservations are required, call 426-8766, for more details.

Food, Wine, and a Big Fat Tiger, cigars are back and *Españole* restaurant is moving on the sunny bond square. They'll host their first "Big Fat Tiger" on Thursday, October 22, beginning at 6:30 p.m. The chef has prepared a special menu of food and wine to go with cultural and Dominican images. There will be a demonstration of cigar rolling, and a representative from *Domestique* will talk about the fine marriage of tropical and good cigars. The featured dish of the four-course menu is venison chup in buckskin sauce.

Españole is located in the 130 Mar Plaza, 1535 Camino del Mar, Del Mar. Seating is limited. The cost per head, wine, and cigars is \$49.95 per person. For reservations or more information, call 759-2807.

The Ochox & Ochox, annual best of west of San Diego architecture awards, this year will benefit Habitat for Humanity. Neil Morgan hosts the highly featured festival, scheduled this year for Tuesday, October 24, with no host refreshments at 6 p.m., and the show starting at

7:30 p.m., at the special events hall of the Naval Training Center, Point Loma. Tickets are \$30 in advance, \$35 at the door and are available at Barnes & Noble and bookstores and through the local AIA office, 233-0109.

The "Dialogue Racism" Series at the Balboa Center, providing an opportunity for "healing to us," features this series of "Internalized Oppression" in part two of the topic, Wednesday, October 23, from 7:30 to 9 p.m., at the center at 6345 Alcala Road, Suite 100, San Diego. Call 268-3999 for more information on this free event.

"De la de las Muertes," the community is invited to bring objects of remembrance to be included in a traditional "Day of the Dead" altar being constructed by Jose Morales at the intersection 377117 Gallery, 842 Park Boulevard in El Centro, University Heights. Bring the objects to the gallery between 5 and 8 p.m., near Thursday, October 23. The altar will be dedicated on Friday, with a dance performance. For more information, call 524-6444 or the Museum of Man at 239-2801.

Annual Costume Sale, the San Diego Junior Theatre's annual dress-up costume sale continues in scheduled for Saturday, October 22, from 9 a.m. to 1 p.m., in front of the one of the Plaza Theatre (across from the Natural History Museum in Balboa Park). Call 524-6444 for more details.

"Pocahontas and Her Friends," kids will be introduced to the kinds of animals Pocahontas would have encountered. Craft projects and games will teach about their homes, food, and behavior. Classes are scheduled for Saturday, October 21, from 10 a.m. to noon ages 4 and over, and 1 to 3 p.m., grades one through three, at the San Diego Nat-

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Calendar LOCAL EVENTS

The store is located at 7755 Grand Avenue in La Jolla. Free. 434-3518.

Original for Adults Creative colorful animals, stars, and other things from folded paper. The art of origami will be taught at the San Diego Branch Library on Monday, October 24 at 4 p.m. The library is located at 4800 Fairmount Avenue at (Polsk), City Heights. It's free. 353-9805.

Newbery Award Winner, one special Newbery Award winning book will be the subject of the activities, which will include a reading of the book plus games or crafts. Refreshments will be served. The event takes place Tuesday, October 24 at 7 p.m. at Barnes & Noble, 106 West Valley Parkway, Escondido. It's free, but reservations are appreciated. 385-7168.

Story and Craft Hour for preschoolers, the next one is held on Tuesday, October 24, noon, at the La Mesa Theatre Bookstore, 5150 Rosecrest Place, La Mesa. 225-0465.

Story Time, every Wednesday at 3 p.m., the Athenaeum Music and Art Library holds a story time, with readings from the library's collection. Children may bring a favorite book to share with the group. Reservations are suggested. The next story time is Wednesday, October 24. The library is at 1008 W. 8th Street, La Jolla. 544-5872.

"Skeletons, Worms, and Other Yucky Stuff", the Junior Ranger project at the Tierra Estancia Visitor Center this week is a look at the skeletons of some of the extant species, plus some spooky live residents — ghost shrimp and polychaete worms. The program is for next Thursday, October 26.

The center hosts these mini-workshops for kids from 8:15 to 4:45 p.m. each Thursday. Children are welcome to come with or without an adult (parents are required for preschool-aged children). Free. Call 375-3611 for information and reservations. Find the center at 301 Capitan Way, Imperial Beach.

Halloween Tales and crafts are scheduled in an event for kids of all ages, next Thursday, October 26, 7 p.m., La Mesa Theatre Bookstore. 3130



Lard
T.V.
By Abe Opincar

Does the screaming get to you? The screaming, I must admit, does get to me. It's gotten to the point now that I sort of turn every time I turn the television on because I'm afraid it's going to start suddenly screaming at me — the way an unringed electrical cord might.

For example, last week, at around 1:00 a.m., as I lethargically lay on my couch, contemplating the phantasmagoria that is my life, I happened to turn on the television and it started screaming, below my hearing at me. I thought my head was going to snap from my neck. The noise was so intense and grating it made my eyes water.

Recreators Place, La Mesa. Free. 225-0465.

Carlsbad Children's Museum, the museum is designed as an educational environment through art, science, and social activities targeted for children 2 through 12. Look for a medieval castle, magic mirror, mini-city, and children's marketplace. Find the museum at 300 Carlsbad Village Drive, suite 103, in Carlsbad. 735-0737.

Children's Museum of San Diego, folk art by three generations of Mexican City 1st generation, including in "Alberico" — "Alas de Emuquos," continuing through Monday, October 30. The museum is at 200 West Island Avenue, downtown. 233-8732.

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"This is really uncanny for," I thought, nerves frizzled, eardrums throbbing. The source of the unrestrained wailing and yowling was one of those loud dirt informatics. This one started a middle-aged hysterical named Roger Wilson, who was promoting something called "Lose Weight Your Way", and the implied hook of Roger's weight loss plan seemed to be that you can devour vast quantities of anything you want and still lose hundreds of unwanted pounds.

Personally, it seemed to me that the real key ingredient to Roger's weight loss plan was screaming. Look at it this way: if any individual, no matter how morbidly obese, were to gambol about hooting like a fens for as long and loud as Roger, they're going to lose weight. It takes a lot of calories to churn out noise at those decibels. Plus, I imagine that your throat would get kind of raw and painful, thus making the swallowing of anything but the most innocuous liquids impossible. Plus, I also imagine that if you carry on like that long enough, your friends, family, or neighbors are going to get fed up with all the racket and will start making discreet inquiries to various agencies and will see to it that you're locked safely away in some state hospital for a few months, where the food probably leaves a lot to be desired. Also, I do imagine that being catatonic, strapped to a bed, and pumped full of Thorazine on a daily basis takes the edge off your appetite and does wonders for your waistline.

I remember a time when the only screaming you heard from television on any kind of a regular basis came from the laugh track on the *Helen* & *Lucy* show — and then it was reserved only for Lucy's especially madcap antics, like when she plunged her head into a tank filled with ravenous piranhas, or when she sodomized grumpy Gene Gordon with a tuba. (Only kidding. The screaming, you see, has started to take its toll.) Now television is filled with nonstop screaming: if you listened to all those talk shows with your eyes closed, you'd swear you

were listening to the soundtrack from *The Texas Chainsaw Massacre*.

Back to Roger. His affect was, as psychiatrists say, so labile — his eye-balls were rattling around in their sockets like pinballs, his behavior was so erratic, that despite the noise, I couldn't quite lose myself away from his infernal. I guess I expected something completely wild to happen — like Roger's starting out in his staccato audience to disembowel some particularly chubby woman with a bread knife. Well, I wasn't totally disappointed. In what must be one of the strangest scenes in television history, Roger trotted over to a wall and pushed a button to reveal a statue, an exact replica of his former 450-pound self. The walled statue was naked from the waist up, and thick, glistening folds of blubber cascaded over its waist. It was a revolting spectacle, which soon got more revolting.

It's difficult for me to describe what happened next because I couldn't quite believe it was happening as I watched it happen. It was like watching the Zapruder film when Kennedy's scalp gets blown off. It was like watching a snuff film. (Not that I've ever watched one, mind you. But I'm sure if I did it would leave me similarly stunned.) Oh, hell, I don't see why I should belabor this any longer. Roger thrust his paws deep into the statue's distended, vulgar belly, which, it turns out, was sculpted from something resembling butter, and began clawing away.

Roger clawed away at the distended, vulgar belly — the statue began an exact replica of his former 450-pound self — until he was elbow-deep in its chunky, thick fat. And then, gentle reader, Roger gathered up handfuls of the yellowish stuff and — screaming all the while about "fat" — threw it at the studio camera, where it clung and smeared against the lens.

"I really must get a dog," I thought to myself, reaching with trembling fingers for the remote control, realizing there was no one else in the room with whom to share my horror.

nora, New York. The museum is located at 3225 Seventh Avenue, Hillcrest. 286-3142.

Museum of San Diego History, opening on Saturday, October 21, is an exhibit called "But of the Valley: Rarely Seen Treasures of the San Diego Historical Society," which is located in downtown arts, costume, furniture, fine art, architectural renderings, and toys from San Diego's past. The late 18th Century to the 20th. Included in the exhibit are a beehive stove of Alonso Horton (ca. 1875) and the 12-foot high carved wood doors of the Theological Society's headquarters on Point Loma (1900-1905). The show can be viewed through March of 1996.

Also on view, "Fables in the Desert: San Diego's Quest for Water," details how different generations of San Diegoans struggled to solve the problems associated with bringing water to this dry area and finding reliable water sources. The exhibition features artifacts, photographs, maps, and videos and continues through 1996.

Concurrently at the Museum, view "Visions of Paradise: The Setting of San Diego," chronicles the growth of San Diego from a population of just 600 in 1800 to the sixth largest city in the nation and the boomtown that encouraged such growth. "War Comes to San Diego" focuses on the impact World War II had on the city and its transformation into a wartime metropolis. The exhibit contains new artifacts and previously "classified" materials never displayed before. "Freaky L.A. Architecture" features the work of San Diego architect best known for his Craftsman-style and Prairie designs. Both of these exhibitions continue through 1996.

The museum is located in the Casa de Balboa building in Balboa Park. 322-6203.

Reuben H. Hert Science Center, "A Show of Hands" is a multidisciplinary exhibition exploring the complexity, diversity, and physiology of the human hand. There are more than 30 interactive exhibits, ranging from hand tricks to advances in hand prosthetics. The centerpiece of the exhibit is "The Hand Works," a giant hand letting visitors "clam dunk" an oversized baseball by manipulating a dual-cracking system. See this show through December.

The center's permanent exhibits present a variety of hands-on exhibits illustrating scientific principles. The Science Center operates daily at 9:30 a.m., closing time is 4:00 p.m. Friday and Saturday, 6 p.m. on Sunday, 8 p.m. on Wednesday and Thursday, and 6 p.m. Monday and Tuesday. Adults \$2.50, children 1-15 \$1.25. The museum is located in Balboa Park. For other information, call 238-1255.

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Representative work from the American Society of Marine Artists is on display at the museum through November, with work by 18 American artists on view on the Orlop Deck of the ship.

The museum is located at 1306 North Harbor Drive, along the Embarcadero at the corner of North Harbor Drive and Ash Street, San Diego. Call 696-0199.

San Diego Model Railroad Museum, billed as "the world's largest permanent operating model railroad and toy train exhibit," the museum includes four scale model railroads of the Southwest and three train displays, two of which are interactive for visitors. There is a multimedia presentation on railroading. This show continues through February 16, 1996.

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HELL.A. Places of Magic and Wonder in Smogland by Adam Parfrey

Just a few days ago I received a letter from a reader encouraging me to write an article regarding the racial conflict of crime statistics. Statistically speaking, it's undeniably true that white people have much more to fear regarding racial hate crimes than African Americans.

The letter writer told me statistics are meaningless, that blacks are cynical or frightened of the police and thus more likely of reporting crime than whites. This may well be true, but it doesn't explain the concern of black leaders like Jesse Jackson regarding black-on-black and interracial violence.

But I accept the letter writer's objection that my listing in presenting these statistics was not well chosen. Because these figures may have the sense of heinous retribution and may very well make some guilty white guy feel vindicated in "evening the score," particularly in light of the O.J. Simpson verdict.

It never occurred to me that at least



seeing you with a white woman. It's looking daggers. You get the feeling they'll kill you if they had the chance. And even since the end of the O.J. trial, this black man has felt that stare become ever narrower and creepier. Today, he is generally scared for his life.

The lesson here is that the sense of racial menace hangs both ways.

of their choice. Reason? While people are given a say over the O.J. thing, they are really got their own share. It's a lifetime thing of the extended Parfrey family.

The friend actually called me up for advice on the best firearms to carry around. "Not something necessarily strong enough to kill somebody, he says. But it's got to stop them." This rhetorical, like Simpson, is involved in an interracial relationship and has therefore regrettably discomforted over what he calls "the stare." "The stare is when the peckerheads can't believe they're

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San Diego Reader October 19, 1995 6

ishing mastery of tone color, sometimes boldly contrasted, sometimes subtly varied, always in process of change according to the inner life of the music. This constantly developing and self-transforming sound, shaped and punctuated by an equally complex range of articulation and dynamics, itself becomes the soul of the music, or even of the composer; the dense fluid substance of the composer's imagination and feeling, flowing through the landscape of musical form. Hoffman's playing, with Golub as a partner of the same stature, took the listener into the very heart of this grand, late statement of the Brahmsian temperament.

Golub's presence made itself felt with equal power in the earlier performance of the Brahms Piano Quintet, in which he was joined by violinists Julie Rosenfeld and Jennifer Frantsch, violist Heinrich Olyana (who

programmed himself to play in every piece on the "violin" program), and cellist Ko Iwasaki. This was once again a superbly matched in their characterful individuality as well as in their understanding of the young Beethoven's brilliantly successful attempt to make the lighter, public manner of Mozart and Haydn's entertainment music completely his own. Both the work and the

performance were of an incomparable elegance. And so was this summer's Summerfest as a whole. ■

CLASSICAL LISTINGS

Contributions to the Reader's Guide to Classical Music must be received by no later than the Friday preceding the Thursday issue for publication. Events listed run from Thursday at 8 p.m. to the following Thursday at 7:30 p.m. Do not phone. The editor reserves the right to edit all material. Send complete information, including a description of the event, the date and time it is to be held, cost, the precise address where it is to be held (including neighborhood), a contact phone number, and a phone number for public information to Reader Classical Music, P.O. Box 9580, San Diego, CA 92106-5803.

Chamber Concerts, the Chamber Orchestra Kresins, which debuted in Moscow in 1992, offers a program that includes Beethoven's Sonata in

String, Schostakovich's Lament for Strings, and Tchaikovsky's Serenade for Strings in C, Opus 48, which they perform at UCSD's Mandeville Auditorium, tonight, Thursday, October 19, 8 p.m. Admission: \$20 general, \$17 seniors, \$15 students. For tickets call Ticketmaster at 220-1155 or the box office, 534-1155. For event information, call 534-6467.

Beethoven, Bach, and Barber are on the program for a performance by the Southwest Chamber Orchestra, conducted by Michael Gaudier, Friday, October 20, 7:30 p.m., at Stander Middle School, 2494 Radcliffe Drive, University City. General seating tickets are \$15, \$10 for seniors, students, and military; they'll be available at the door beginning at 6:30 p.m. the night of the performance. For more information, call the Southwest Conservatory, 552-8519.

Guest Conductor, Violinist Pinchas Zukerman will appear with the San Diego Symphony Friday and Saturday, October 20 and 21, 8 p.m., at Copley Symphony Hall (1135 South Euclid Avenue, downtown). Zuker-

man conducts and performs in a program that includes Hindemith's Symphony Metamorphosis on Themes of Weber, Beethoven's Symphony No. 8, and Mozart's Violin Concerto No. 3 and overture to *Le Nozze di Figaro*. The program is repeated on Sunday, October 22, at 2 p.m., at the California Center for the Arts, Escondido, 340 North Escondido Boulevard, Escondido.

Tickets range from \$18 to \$45. For more information, call symphony at 699-4205 or the CCA box office at 738-0100. Tickets may also be purchased through Ticketmaster (220-1155).

Benefit Performance, all proceeds benefit the Zappa Heiligenberg Scholarship Foundation when the Yachukha School of Performing Arts and senior philanthropists or chertan perform Vaughn Williams's *Fantasia on a Theme by Thomas Tallis*, Mozart's *Concerto*, Prokofiev's *Classical Symphony*, and Handel's *Concerto Grosso in F minor*.

The event is scheduled for Saturday, October 21, at 5 p.m., in the auditorium of the Horizon Christian Fellowship, 3665 El Cajon Road, in

Rancho Santa Fe. Call 759-1875 for information and reservations.

Yorkshire, England, is the home of the Eastgould School Choir, who will be presenting a program of sacred and secular music on Saturday, October 21, at 7 p.m., in the meeting house of the First Unitarian Universalist Church, 4100 East Street, Hillcrest (across from UCSD Medical Center). They're the guests of the San Diego Children's Choir on their tour of California. The concert is free for children. A \$5 donation is suggested for adults. For more information, call 791-1985.

And from Vienna come the Vienna Choir Boys, who will be in performance on Saturday, October 21, at 8 p.m., at the California Center for the Arts, 340 North Escondido Boulevard, Escondido. Tickets to hear the renowned ensemble range from \$15 to \$36. Call 738-4100.

Facile Guitar Recital, Brian Kahan offers a guitar recital on Saturday, October 21, 7 p.m., Smith Recital Hall on the SFMU campus. The program includes works by Bach, Ponce, Kodak, Liszt, and others. Free. 394-6020.

A Religion of Soup

I cannot make up my mind about the quality of these paintings.

Jason Godeke's paintings at the Stevenson Gallery (in a show closing this weekend) follow a rather strict formula — evidently the way this young Bay Area artist needs to express himself at this stage in his career. One immense, sexually attractive picture (*Marriage*) comes from Godeke's earlier "Courtship" series, while all the others — less monumental, and a number of them quite small — memorialize the several months he spent in a boys' orphanage in Puebla, Mexico. Whatever their subject, they employ the same artistic procedures.

With only minor exceptions, these are all fanciful still lifes. Their ground is a large table top, sometimes monochrome and undercoated and sometimes multicolored and geometrically patterned. In most cases, the upper edge of the table crosses horizontally a few inches below the picture's top, leaving a narrow band painted in a contrasting manner, sometimes merely a dark strip, sometimes a vertical wall decorated with paintings or drawings (in the style of Mexico's Aztec and Mayan past). The perspective is oddly distorted, so that what seems to be looking down from a considerable height on the whole expanse, as though viewing a city from a tower. Godeke intends this equivocation between still life and landscape, in some sense treating the upper table edge the way landscapeists treat the horizon. The implication is evidently that the small, simple objects of daily life that make up the still life at the same time constitute a metaphorical landscape of personal experience, the whole terrain of a way of life.

The repertoire of objects includes plates, mugs, tumblers, fruits, vegetables, cakes, a mask, a paint box, a pencil, a brush, flashlights, a vase, plectra, a soccer ball, a baseball bat, photographs. A few categories dominate (meal-time, work, sport), and many of the distinctive objects (such as, for example, the cap that looks like a red and green satin pushpin) reappear in numerous pictures. These form a discrete vocabulary of images, embodying the artist's personal associations, memories, and feelings.

from the period during which he was courting his future wife or the time he spent in the company of the Mexican orphans. More specific references to these experiences are indicated in occasional photographs, painted in a rather loose trompe l'oeil manner.

In the Mexican paintings, Godeke has added many tiny human figures, usually represented as crudely modeled, faceless, plastic or ceramic figurines, like a child's toys (there are actually some tin soldiers). The figurines are chiefly of boys — the Mexican orphans — doing domestic tasks (sweeping or mopping), or seated in chairs getting their hair cut by identical female barbers (*Haircut Day*), or standing in prayer in a circle around an immense bowl of soup as though worshipping at a shrine (*They Live Here*), or standing on ladders painting the back wall with Mayan pictographs, or milking goats, or engaged in construction work. In one case, the figurines become the personnel of a wedding ceremony: bride and groom, a few guests, a girl at an upright piano — all before a brightly painted flower vase looming like an immense idol.

These odd contradictions of scale are used to make a psychological point about the lives of the Mexican orphans, whose status reduces them to insignificance and anonymity, and whose environment is so limiting that its trivial objects (such as soup in a bowl) seem as important to the parentless boys as monuments of sacred architecture. In *The Compound*, the boy-figures working on the brown patterned tablecloth are dwarfed by flashlights and pairs of pliers; the tools are of more consequence than the human beings. Here too (as regularly in Godeke's pictures) the arrangement of the objects and figurines is highly formal, symmetrical, and — so to speak — institutional. Everything is kept strictly in order, and the slight spontaneity of the figures or individuality of the objects is enclosed within a rigid geometrical framework. Even dogs — notoriously willful and disorderly — are reduced to a line of still-life canine figurines evenly spaced along the picture's bot-

Calendar ART



Jason Godeke: "Paintings from an Orphanage" The R.B. Stevenson Gallery (7427 Girard Avenue, La Jolla) Through October 21

tom edge. A pathetic commentary is provided by the inclusion of a blurred snapshot of a group of boys standing before foliage: real boys, not figurines — out in nature, rather than inside the "home" — but still lined up in a formal row. The extreme formal rigidity of composition seen in the Mexican pictures, where it might be taken as a means of conveying the rigidities of institutionalized life, is equally prominent in *Marriage*, however. Everything is more elaborate in this 7 x 8-foot painting, including the vast quilted tablecloth made up — with splendid visual effect — of small, multicolored, individually decorated squares, filling the entire picture space (there is no horizon line). The clusters of objects — once again including many caps and

many place-settings for meals and snacks — are placed as isolated episodes on the landscape like expanse of the ground, all arranged in formal order. Two small black and white photographs of the wedding party are located toward the bottom, in the exact center. The whole composition is framed at top and bottom by formal rows of empty Progresso cans. I cannot make up my mind about the quality of these paintings. On a purely visual level, they are pleasantly decorative, but neither the drawing nor the painting, as such, has any striking vitality. The objects are represented with a polished realistic technique, but none of them is given the bursting individual life characterizing objects in the still life genre's truly

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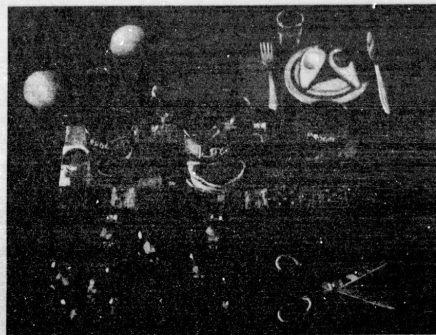
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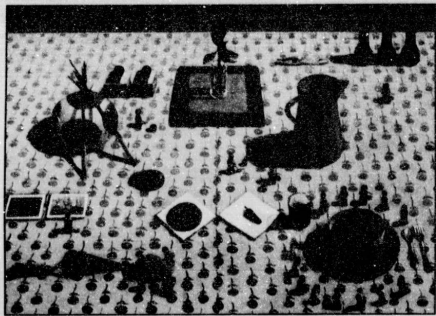
compelling paintings. No line or passage of paint calls attention to itself because of its beauty or energy. On this formal level, it is Godek's color alone that arouses aesthetic excitement. He has an acute sense of color harmonies, as one may see in *The Goat, The Wedding*, and many other paintings at the Stoverston.

The center of interest, however, is far more the content—the life represented—than the formal means by which the representation is achieved. The artist wishes to express and communicate something about courtship and marriage (in the earlier series) or about institutionalized orphan (in the later one). Such communication takes place mainly at the level of idea and symbol, rather than in terms of actual experience and feeling; it is the old distinction between showing and telling. The reduction of the Mexican orphans to cheap, crude, stylized figures tells us that that is how they are treated and how they are made to feel. But the figure device in itself precludes our seeing any real boys actually feeling oppressed. The images arouse emotions of pity and indignation in us, but through a veil of abstract ideation rather than directly. The low emotional temperature in these representations of subjects about which the artist clearly cares deeply might be taken by some viewers as ironic subtlety, and they might be right. I myself felt a lack of sufficient emotional stimulus.

Then there is the question of interpreting the artist's vocabulary of images. The various objects in these paintings are presented simply, factually, and unambiguously. Nothing in the way they are composed, painted, or lighted conveys anything but sheer statement. This is a slice of cake, this is a black eye mask, this is a highlight, this is red and green cap. It is up to us, without prompting, to infer



Harold Dwy



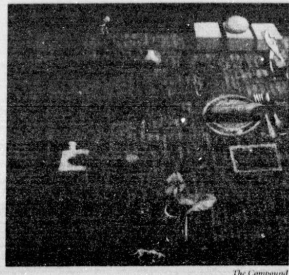
They Live Here

the relevance of such objects to the lived life that is presumably the ultimate subject of the paintings. Sometimes, with a bit of intellectual labor and imaginative speculation, we can do so. But often the mean-

ings of the objects belong to exclusively to the artist's personal life that whatever really counts in them is totally hidden from us. Godek no doubt has lots of stories to tell about that cap, but since he doesn't

tell them to me, all I can see is a decently painted representation of a cap, and I don't much care.

In his brief written commentary on these paintings, Godek notes his debt to the



The Unpleasant

paintings of Hieronymus Bosch. The influence on him of a work like *The Garden of Earthly Delights* (in the Prado) seems to be chiefly formal. Bosch shows a vast, symmetrical landscape covered with illustrative groups of figures, each group constituting an "episode" or conveying a specific idea. Godek, in his own way, does much the same thing. The differences are many, however, and they are all to Bosch's advantage. *The Garden of Earthly Delights* is heated, dramatic, swirling, densely filled with twisting, agitated movement; Godek's pictures are cool, aloof, static, and far less dense in incident. Bosch's figures are intensely expressive of bodily passions and sensations; Godek's figures are intentionally rendered stiff, artificial, unyielding, and inexpressive.

But the most telling difference is in the degree of intelligibility. Bosch's art assumes a universe of knowledge and belief common to the artist and his public. He allows his own bizarre imagination great latitude, but everything he shows us makes clear sense in terms of the Christian scheme of Creation, Moral Choice, Concupiscence, and Damnation. His paintings, like all medieval works of art, are totally public, reinforcing the bonds of community on the basis of this

shared world view. In contrast, Jason Godek's art, following a powerful 20th-century trend, is fashioned inward to the world of private affairs, concerning itself with the artist's attempts to locate and understand his own sentiments. His array of objects belongs to a scheme of meaning that is no doubt clear to him, but it is one we viewers can have only partial access to (if that much). It has something to do with selfhood, relationships, and humanism, the modern American religion—but its denotations resist precise definition, like the soup Godek's Mexican orphans worship.

In his orphanage pictures, where the meanings are necessarily social and public, Godek evidently recognizes a pressure to create a community of feeling and thought through the images he shows us. He wants us to know and feel the life of the orphan the way he himself knew and felt it. But he is hampered by his habits of inwardness. His continuing use of private associations, and an impenetrable personal language of images, "his" Paintings from an Orphanage" have had the advantage of bringing him some- what out of himself. But if he wants his audience to share his experiences and feelings, he needs to come out a lot further.

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ART LISTINGS

Contributors to the Reader's guide to art gallery openings must be received by mail no later than the Friday preceding the Thursday time for publication. Do not phone. Send complete information to Reader Art, P.O. Box 9082, San Diego, CA 92108-3803.

GALLERIES

"Searching for Venues," with work by Leslie Verne, opens at Galeria Dos Damas, with a reception at 5:30 p.m. tonight, Thursday, October 19. Have "coffee with the artist" at the gallery at 10 a.m. on Saturday, October 21. RSVP for this event. Find the gallery at 415 Market Street, downtown. Regular hours are noon to 6 p.m. Tuesday through Thursday, noon to 10 p.m. Friday and Saturday, and noon to 5 p.m. Sunday. 291-8030.

The High Annual Nude Show at the Brushworks Gallery, known as "The Naked and the Nude," opens with a reception from 6 to 9 p.m. tonight, Thursday, October 19, and continues through Saturday, November 11. The reception also promises a shadow dance by Sam Ballard and Company. The show is said to "denature the ongoing controversy between art, erotica, and pornography." Find the gallery at 425 Market Street, downtown; 232-7179. Hours are noon to 6 p.m. Wednesday and Thursday, noon to 10 p.m. Friday and Saturday.

"A Menu" is the title of an exhibit of new work by Robert Mather, San Diego artist and teacher. Fine craftsmanship, depiction, and wit are marks of Mather's work. "A Menu" includes as diverse subjects as artistic commentary on the Hill, Thomas, hearings, and an appreciation of the aesthetics of cigar boxes. The exhibit goes on view with a reception for the artist on Saturday, October 21, from 5 to 8 p.m. The exhibit continues through November 25. The gallery is at 3013 Highway 78, Santa Valdez House, 10 a.m. to 5 p.m. Wednesday through Monday, 263-1678.

"Both King and New York," watercolor on paper and a ribbon on canvas by abstract artist Both King, will be exhibited at the Santa Valdez Gallery, opening with a reception for the artist on Saturday, October 21, from 5 to 8 p.m. The exhibit continues through November 25. The gallery is at 3013 Highway 78, Santa Valdez House, 10 a.m. to 5 p.m. Wednesday through Monday, 263-1678.

Open Studios, the Combined Organizations for the Visual Arts (COVA) is sponsoring a county-wide open studios tour of artists' studios during October. The focus is on East and South County on Saturday, October 21, and Sunday, October 22. "Tourists" purchase an "Open Studios" catalog for \$10, which serve as the admission ticket to all of the participating studios. Call 214-0928 for catalog sale locations.

Hey, Dude, Bart's now officially "art." Animation cels from *The Simpsons* are on view from Saturday, October 21, through November 11 at the Cuckoo Gallery, 404 Old Town. The show's director, David Silverman, will be in attendance at a reception from 6 to 9 p.m. on the 21st. He'll tell you why the *Simpsons* are yellow, if you were curious. The gallery is at 2501 Old Town Avenue. Please RSVP for the reception by order, Thursday, October 19, at 275-2596. The gallery is open 10 a.m. to 6 p.m. Sunday through

Wednesday, and 10 a.m. to 8 p.m. Thursday through Saturday.

The Expressionist Work of New York painter Ron Blocker is in the inaugural show in the newly renovated University Art Gallery at UCSB. The artist, whose work explores the principles of nature, the cosmos, life, death, and afterlife, has been the subject of a midcareer retrospective exhibit, organized by the Guggenheim Museum, which is now touring internationally. The UCSB exhibit will include monumental paintings, smaller watercolors, notebooks, and journals. The exhibit opens on Saturday, October 21, with an associated reception at 8 p.m. by British painter John Lillio. Mandeville Recital Hall, on campus face "Classical Music" listing for details.

"Habitus," paintings and assemblage by Carl Roberts go on display with an artist's reception, Sunday, October 22, from 4 to 6 p.m. at the Keller Art Gallery of Point Loma Nazarene College, 1800 Lomaland Drive, Point Loma. Gallery hours are 8 a.m. to 1 p.m., Monday through Friday.

"Moving Violations" (M.C. 44-1177, et seq.) Art 198 the Street" is the name of a group exhibit of work by artists concerned with the issue of homelessness. The show also includes artwork done by some of San Diego's homeless, who worked with the participating artists in space donated by the Salvation Army.

Participating artists are Dewayne Isaacs, Alfredo Asagunaga, Sonya Devine, Joan Fidler, Lynn Engstrom, Robert Fyler, Mirto Collins, Rod Gutierrez, Anne Martinez, Jose Morales, Roy David Rogers, Marianne Saffel, Melissa Smalley, and Cindy Zimmerman. The title of the show comes from the Municipal code section that prohibits shopping carts on city streets.

The work can be viewed from Monday, October 23, at noon, at which time there will be a reception for the artists, through October 27. The exhibition is in the lobby of the City of San Diego Administration Building, 202 K Street, downtown, which is open from 7:30 a.m. to 5:30 p.m. Monday through Friday. For more information, call the David Zapf Gallery at 732-5000 or Homeless Address office at San Diego at 528-8873.

"In Focus: A Survey of East County Artists," Commemorative College's Fyler Gallery offers this mixed media exhibit of East County works by such artists as Eugene Gels, Louis Dominguez, Sada House, Jay Johnson, Les Lawrence, Mark Messinger, Matt Mosley, John Rogers, Jim Salamon, and Jim Wolfermann. "In Focus" is being offered in conjunction with COVA's "Open Studios '95."

The exhibition runs through December 1, with an artists' reception set for Thursday, October 26.

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from 6 to 9 p.m. Gallery hours are Monday, Wednesday, and Friday, 10 a.m. to 2 p.m., and Tuesday and Thursday, 10 a.m. to 8 p.m. The gallery is located on the Gasquet campus, at 8800 Gasquet College Drive. 311-4000, 400-1700.

ART MUSEUMS

California Center for the Arts Museum, the work of 11 contemporary Mexican artists is explored in "Tepalcates." The pieces by Alfredo Castañeda, Monica Castillo, Elena Clement, Rodolfo Morales, Isidro Maria Nalae, Georgina Quintana, Adolfo Rivera, Gerardo Velazquez, and Nahum Zende combine personal vision and spiritual imagery.

Solo exhibitions by painter Indio Galán and photographer Graciela Huilse are on exhibition in conjunction with "Tepalcates." Both shows continue through January 14, 1996.

Find the center at 540 North Foothill Boulevard (at Valley Park way), in Escondido, 738-4170.

Museum of Contemporary Art, Downtown, "Grid, Structure, Surface" is a display of grid, aerial, and framework imagery from the museum's permanent collection, including pieces by Sol Lewitt, Carl

Andre, Kiki Smith, Antonio Gormley, Byron Kim, Agnes Martin, Ed Moses, and others. The show continues through Sunday, October 22.

Artist Leonardo Drew is creating monumental wall reliefs that examine themes of natural decay and history and memory with architectural and found materials on the place level of the museum. Drew constructs the reliefs from materials like rust, stains, rivets, and reflective translations, with the work "Inherently Implying Time." See this installation through Sunday, October 29.

Find the museum at 1001 Kettner Boulevard (at Broadway), directly across from the Santa Fe Rail road Depot, adjacent to the America's Plaza trolley transfer station, downtown. 234-1402.

Museum of Photographic Arts, a three-part exhibition covers our immigration at the museum begins with "Points of Entry: A Nation of Strangers." The exhibit promises over 200 images spanning the history of photography, chronicling the major waves of U.S. immigration from the 1840s to the present. Artists whose work is represented include Ansel Adams, Don Bartlett, Dorothea Lange, Pao Chi Lau, Ronoff Lee, and Jacob Lawrence, as well as numerous unknown artists. See this show through Sunday, November 5.

The museum is located in the Casa de Balboa on Balboa Park, 238-7559.

San Diego Museum of Art, "Seven Presidents: The Art of Ophelia" is a quarter-century retrospective exhibition of cartoonist Pat Ophelia's work. Ophelia's cartoons are said to "illuminate the state of the public mind in America and the personalities of its political targets." The show continues indefinitely.

The museum's permanent collection includes Italian Renaissance paintings, Spanish Old Masters

paintings, American art, 19th-century European paintings and sculpture, the Western Gallery of Contemporary Art, and the Interactive Multimedia Art Gallery Explorer (IMAGE). Find the museum in Balboa Park, 232-7911.

Timken Museum of Art, the museum's permanent collection includes European masters, 19th-century American paintings, and Russian icons. The museum is located in Balboa Park, 239-5548.

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Maybe Lost Is Best

Angels, Prior says, are "basically incredibly powerful bureaucrats," with no imagination. "They're sort of fabulous and dull all at once."

As you watch *Millennium Approaches*, the first part of Tony Kushner's epic *Angels in America*, you'd swear Part II could never approach Part I. When you watch the second part of *Angels*—called *Perestroika*—you realize that, in Part I, Kushner was warming up.

The sets for Parts I and II mark the difference: For Part I, six ugly, imitation-granite columns dominate the stage. For Part II, someone peeled away the walls. Inside them, detritus abounds: bicycle tires, baby stroller, mailbox, torch, and fingers of the Statue of Liberty.

A globe, yellow-and-black "Fallout Shelter" signs, marquee from a Star 100 store—the stuff in layers of wired cages, as if the stage were a gigantic pawn shop.

Part I concludes with a cliffhanger: smoke billows down, huge wings whoosh, and an angel—dressed in white and laced with gold—descends. In a stiff voice, she tells Prior Walter, "Greetings, prophet. The great work begins. The messenger has arrived."

Almost a year separated the opening of Parts I and II on Broadway, giving theatergoers time to mull over the angel. I wonder how she must have predicted the angel Kushner gives them.

She has eight vaginas and generates sexual energy. The Engine of Creation, we learn, runs on "ecstatics, not physics." Protomatter comes from "angelic organs"—or so told.

The angel reeks of rectitude. But her stutter—"she prefaces remarks with a robotic 'I...I...I'—suggests slippage.

Prior Walter learns that the angel seeds his help. Angels, he says, are "basically incredibly powerful bureaucrats," with no imagination. They can do just about anything but can't "invent, create. They're sort of fabulous and dull all at once."

The angel brings news and an injunction. The King of the Universe abandoned his creation on April 18, 1906, day of the San Francisco earthquake. Human progress, it turns out, shakes up heaven. Thus the angel urges stasis: "Forsake the

open road. Neither mix nor intermingle...if you do not mingle you will cease to progress. Seek not to fathom the world."

Angels in America is a two-part, seven-hour snub of the angel exhortation. Rather than stand still, the characters go onjourneys. Prior Walter goes to heaven, where like Jonah he refuses to become a prophet. Harper Pitt goes to an Antarctica of the mind; her mother-in-law, Hannah Pitt, reverses Horace Greeley's advice, goes east, and teaches Prior how to wrestle with angels.

In *Perestroika*—"rebuilding" in Russian—opposites pair and re-pair, as in a farce. Louis Ironson, liberal, falls for Joe Pitt, "a gay Mormon Republican lawyer."

Amid the interminglings, stereotypes blur. When Hannah Pitt learns that Prior is gay, she asks, "Are you a hairdresser?"

"Well," Belze answers, "it would be your lucky day if I was."

As Prior Walter gets to know Hannah, recently of Salt Lake City, he complains, "I wish you would be more true to your demographic profile."

When Roy Cohn dies of AIDS, denying his homosexuality to the end, Belze and Louis perform funeral rites. Louis recites what he remembers of the mourner's Kaddish. And Belze, who loathed Cohn, confronts "the hardest thing of all, forgiveness."

Louis adds that forgiveness is "where justice and love converge."

In an intermingling cut from the Broadway text, but reinstated for the touring production, Roy Cohn, bathed in devilish red hues, phones God and vows to defend him when the angels sue for abandonment. "You're guilty as hell," Cohn tells the Lord, "...but not to worry, darling. I will make something up."

When *Perestroika* opened on Broadway, critic Robert Brustein complained that *Angels* lacks structure and central action. Brustein wants modernist notions of climactic form: beginning,

Calendar THEATER



Robert Sella, Carolyn Swift

Angels in America, Part II, by Tony Kushner
Spreckels Theatre, 121 Broadway, downtown
Playing through October 22; Thursday through Sunday at 7:30 p.m.
Matinee Saturday and Sunday at 1:30 p.m. For information call 220-1125

middle, conclusion, denouement. *Angels* works on different principles.

Subtitled "A Gay Fantasia on National Themes," *Angels* takes opposites—Roy Cohn and God, liberal Louis and conservative Joe Pitt—and joins them, like oxymorons. The two characters don't meld into single unities. They coexist, creating harmonies and dissonances in Kushner's freedom fantasia.

Angels unlables its characters. "The whole struggle in American culture now," Kushner said in an interview, "is really about breaking down

barriers between people.... Not by saying, 'We're all white people with different colored skins,' but by...exploring the dynamics of difference. That is a different political outlook than containment, which is the Berlin Wall, the Iron Curtain, the idea of the Evil Empire."

Another example: how do you label Roy Cohn.

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the lawyer aligned with Senator Joe McCarthy and linked to the assassination of JFK? He's a walking contradiction: homophobic, with a preference for men.

By the end of *Angels*, Ethel Rosenberg sings a Yiddish love song, "Tumbalalaika," for Cohn. Louis recites Kaddish over his corpse. Belze feels for goodness for a mortal enemy, and Cohn's on the hotline offering his legal services to God. And how do you label Belze? Gay man? Male nurse? Former drag queen? African-American who used to be Norman Arriaga? And which Belze says "the white cracker who wrote the national anthem knew what he was doing. He set the word 'free' to a note so high nobody can reach it.... Nothing on earth sounds less like freedom to me."

Angels began modestly. In 1981, Omar Eustis of San Francisco's Farside Theatre commissioned Kushner, then 30, to write an intermissionless, 90-minute comedy. "We decided to do something easy to produce that lots of regional theaters would want to do," says Eustis. "We got it half right."

After several years of writing—and seven stage hours of viewing—Kushner sticks to his pluralism and gives *Angels* multiple endings. Harper Pitt and Prior Walter, who journey the farthest in *Angels*, have the final say.

On a night flight to San Francisco, Harper sees a vision of souls floating up from the earth—"like shivers in reverse"—and plugging the hole in the ozone.

"Nothing's lost forever," she says with newfound calm. "In this world, there is a kind of painful progress. Longing for what we've left behind and dreaming ahead."

Prior Walter sees joinings of opposites. On a sunny summer's day, "warm and cold at once," he sits with friends at the Bethesda fountain in New York's Central Park. The statue of the Bethesda Angel stands above them.

It's 1990. Prior's had AIDS for five years. He wears thick glasses now and supports himself with a cane. "I like [angels] best when they're statuesque," he says. "They commemorate death, but they suggest a world without dying, they weep, but they're winged...."

THEATER LISTINGS

Theater listings and commentary are by Jeff Smith. Information is accurate according to material given us, but it is always wise to phone the theater for any last-minute changes and to inquire about ticket availability. Many theaters offer discounts to students, senior citizens, and the military. Ask at the box office.

Angels in America, Part I: Millennium Approaches
Part I of Tony Kushner's "Gay Fantasia on National Themes" runs from October 1985 to December 1986, and shows signs of portents

of a breakdown: a hole in the ozone, the earth's immune system, and individual demotions. Each character, in one Kushner's phrase, becomes a "delicate ecology" threatened from without and within. Part I weaves the fate of two couples together: Joe and Harper Pitt, whose marriage was sanctified in the Movement for Human and Prior Walter and Louis Ironson, a gay couple splitting up because Prior has AIDS. Kushner packs Part I, called "Millennium Approaches," with vision and visitations. In one of these, Mr. Dies reminds Harper Pitt, on a vision induced visit of Antarctica, that "even hallucinations have lives."

The central law of Kushner's two-part dramatic ballad (don't limit your expectations. *Angels* goes places and treats themes with unpredictable turns and twists. "This is a political play, although not a polemic play," Kushner told Variety, "there is no simple, single point to play a making." Kushner's points, in fact, often melt into their opposites. Except for Roy Cohn, and a canny Ethel Rosenberg, the other characters are fictional and seemings of no importance. Imagining them in any other play, they'd have minor status at best. And yet in *Angels*, because only one is them, they help make history by their actions, however small. The unappealing set for *Angels*—an imitation granite structure that do little more than loom over the actors—has touring shows written all over it. But the production delivers the size and humor of the play (and its theatrical flurries). *Angels* must rank among the finest plays of the last 15 years. Directed by Michael Mayer, the production also boasts standout performances by Robert Sella (Prior Walter), Jonathan Harary (Roy Cohn), Reg Rivers (Mr. Dies) and Belze, and especially Kate Gossling (Harper Pitt).

Outstanding
"Nothing's lost forever," she says with newfound calm. "In this world, there is a kind of painful progress. Longing for what we've left behind and dreaming ahead."

Angels in America, Part II: Perestroika
Reviewed this issue.

Spreckels Theatre, through OCTOBER 22; Thursday through Sunday at 7:30 p.m. Matinee Saturday and Sunday at 1:30 p.m. ANGELS IN AMERICA IS TWO PARTS, FOR PARTS AND VISITS OF 90-120 MIN. (20 P.M.)

Betty the Yeti
Joe Klein can't figure out how to label his environmental comedy. He calls it an "eco-fable," a satire, and a "fairytale for adults." For the first time in memory, the Ensemble Arts Theatre can't figure out what to do with a script. In their opening night performance, they stood ambly or wandered around, at a loss. They held expressions too long, spoke too fast, or wallowed the ends of sentences—acting 1A problems you'd never associate with EAT. They also flubbed comic timing consistently. Director Michael Good seemed unprepared for the EAT's small space and the needs of the actors. Only two turned in credible work. Don Loper plays logger Russ Y. Sawyer (the play's full of comic names: Russ, an ecologist; Russ's ex-wife, Terra, and so on). A Vietnam vet, Sawyer came to the Willamette National Forest for the solitude. Fanny Betty the Yeti (Susan Straton) in the show's other line effort. She falls for Russ and for civilization, much to her detriment. And when the time comes to protect her, he really an endangered species? It doesn't help the case that Klein's

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Calendar MUSIC SCENE

sometimes. In a way I'm doing what I want with the tracks that I'm playing, but at the same time, I wouldn't be anywhere without the music."

Quark has been deejaying in clubs here since the late '80s, building up his name through the rise of San Diego's underground rave and dance-club scene. He started going to clubs for the music, before he could drive, then learned the basics of his work by hanging around San Diego State's campus radio station, KCR.

"I used to have friends that worked at radio stations when I was in high school, through KSDT at UCSD and KCR at State," Quark said. "I was a little squirt back then, hanging out at the radio stations. There was a girl, Hollis (Queens, drummer for Jon Spencer's band NYC Blues quartet Boss Hog). I used to go to her show a lot. Pretty soon I started spinning records. Next thing I knew, I was doing substitute shows at KCR and I was even showing there. To me, radio wasn't very satisfying, especially at those stations; at the time they were very inaccessible. Cable radio and stuff, I had been going to clubs since I was 14. I was always pretty fascinated

with the technique of mixing one record to another one, kind of like this mega-mix."

After getting his technique and style down, Quark mustered up the courage to ask to be house DJ at SOMA. This was in 1989, when the downtown dance club was in a warehouse on Union Street that occasionally featured bands playing in the basement.

"It was a night that didn't do too well, so I went up and asked the DJ. I had a pretty

"Everybody wants to talk to you; usually I want to go hide somewhere."

good-sized record collection, and I just wanted to play it to a bunch of people. He said, 'Sure, come on in.' The next thing I knew, I was the in-house DJ. At the time, I was spinning a mixture of styles between acid house, industrial, and disco. They ran clubs usually on Friday or Saturday. Through the two years I was there for one night or the other, bands were downstairs and I was upstairs. I was the only DJ, so I was deejaying five, six hours by myself, which I enjoyed."

After so long at his SOMA stint, Quark liked to do other things. He was living with friends in a warehouse on Tenth Avenue between G Street

and Market. Looking for a way to cover their rent one month, they came up with the idea of throwing a party to raise the money. They dubbed the party, "Where's the House?" Quark would DJ and his roommates would take care of sound, lighting, and decorating.

"For the party, I changed my name to Mr. E. Quark, because I didn't want Len (Paul, owner of SOMA) to know that was me. So that's where the Mr. E. came from. It was kind



Quark working at the Flame

back then was Jay 23, which was kind of like a DJ hook that had stuck. I changed my name to Mr. E. Quark. This was at the time of the birth of the so-

called rave scene, back in '90 or '91. "It's probably one of the best things I've done. Just because it was so fresh back then

and so new. It was the first time I had seen 500 or 600 people, all in one room, just going nuts."

With his name change, Quark moved from SOMA, which was transforming into a live-music venue, to become an underground club DJ. The San Diego scene was exploding. Walk into any record store during this time, there would be stacks of cyber/psychodelic flares announcing underground parties and clubs.

"I was already in there. There were other people starting to get inspired to throw parties, inspired by the rave scene over in England. A lot of people wanted to do the same thing. They'd see my name on a flyer, so it wasn't hard for me to get work," Quark says.

Of course, with the attention clubs and raves were receiving, it also wasn't hard for police to figure out where the supposedly secret events were taking place. With the success of the first "Where's the House?" Quark and his roommates decided to have a second party. Looking back, Quark considers it one of his worst DJ experiences.

"The cops brought dogs and the whole deal. There were tons of cops and a lot of yellow-jackets. It was pretty



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serious. We lived there. One of the cops came into the DJ booth, looked like a regular young kid. He flashed a badge. I was so freaked out I just walked right past him and out the door. There was alcohol being served. There was a full bar, and as far as I know that's against the law without any permits."

Cops didn't press the issue much further after closing the party down, but they were knocking on Quark's door a few days later to follow up their investigation.

Such shut-downs by police, harsh city permit laws, and explosive popularity created San Diego's current club scene. "Like any scene," Quark says, "there's part of it that gets really commercial. You have people that don't want anything to do with that. They want to stay underground. Like when a band signs to a major label, they probably hear all of flack about selling out—it's pretty much the same thing. The idea of rave was to bring all types of

cultures together, from all walks of life, to dance. It's been pretty interesting to see it evolve, because instead of bringing a lot of people together, it has segmented itself. There's a lot of little subcultures. You have your people who will go exclusively to hear house music or exclusively to hear techno music. It has really changed. I think that part of the scene died. It has more or less gone back into

It was the first time I had seen 500 or 600 people, all in one room, just going nuts."

derground. That has to do with licensing laws and permits. It has become way too difficult to go something on a large scale. Usually if there's something, we're talking about a thousand people, they'll throw it on an Indian reservation.

"If you want to do something together fairly quickly, it's hard to work with the authorities to get the right permits. I've never tried to work with them myself. I'm a DJ. That's about all I'll ever want to think about. From what I understand, you could have all the

permits you want, they could still come in and shut you down if they wanted to—if they don't like your attitude and whatnot. It really depends on who you're dealing with. Every cop is different. There have been cooperative police who come in and see what's going on, and they're like, 'These kids are having fun, they're not bothering anybody, there's no one around. You can continue

stays. The Workbeat Center, for example, has after-hours clubs on a regular basis. Romperoom goes off every Saturday from midnight to 6 a.m. To keep things fresh, promoters for regular events often change decorations and lighting, so a club isn't the way it was the week before.

The weekend of September 29 is a busy one for Quark. He is scheduled to perform at a party at midnight, then spin at a downtown warehouse from 4 a.m. to 6 a.m. Later that morning he is flying to Albuquerque to work.

Friday night is a bust. Quark arrives at the party, located at a private house in Encinitas, with two crates of records, each one weighing about 60 pounds. Maybe 200 people are hanging out in the back yard drinking, while a handful dance to a DJ in the rear garage. The party isn't the type where Quark would normally perform, he protests, while a handful dance to a DJ in the rear garage. The party isn't the type where Quark would normally perform, he protests, while a handful dance to a DJ in the rear garage. The party isn't the type where Quark would normally perform, he protests, while a handful dance to a DJ in the rear garage.

complaints from neighbors. The warehouse location for the after-hours club is located somewhere between Kettner Boulevard and Pacific Highway, near the railroad tracks. Quark doesn't find out until after he arrives there that this party also has been shut down; the warehouse lacks proper emergency exits. The only thing happening downtown after-hours that night is at a bathhouse one block away on Cedar Street that is pumping out disco tunes. Quark heads back home for three hours of sleep before his 10:30 a.m. flight to Albuquerque.

We catch up after his return. "It was a pretty phenomenal experience. I spun at a club in downtown Albuquerque with a pretty well-known DJ from New York. His name is 'Little' Louis Vega. I can honestly say he's the best DJ I've ever heard."

The heavy schedule did take its toll. "I had a total of five hours' sleep over the weekend. It's not very fun. I got kind of moody. I didn't want to talk to anybody. I just wanted to go home. My crates [of records] are really heavy. If I'm staying in a hotel room, I gotta wake up, jump in the shower, haul

my crates down, call a cab, and jump on a plane. "I had a lot of bad experiences happen. [In Albuquerque] I and this other party were waiting for cabs. Since we were both going to the airport, we decided to split the fare. The cab driver said, 'No, you both got to pay separate fares.' I was already late and almost missed my plane. I couldn't argue with him. When I got into San Diego and took a cab, the driver wouldn't help me with my stuff. He said, 'No, no, I might hurt my back.' Okay, fine. Then I told him I usually carry these things by myself. I had two crates. So he takes me home, drops me off, and he's touching my crate. I told him, 'If you want to help you can.' He said, 'No, then I told him that usually cab drivers help me out a little bit if they want a tip. He went into this whole thing about, 'It's not my job to help you with your bags. I'm just here to drive a cab, and I'm a minority and this is the only job I can get.' Look, I don't care. If you don't want to help me, I won't tip you. I don't want to hear about your life story.' He starts in, 'It's people like you... Oh, God.'"

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Calendar MUSIC SCENE

Daou (as in Taoism, the Chinese philosophy that inspired their first album, *Head Music*), and they started their own label, Lotus Records. *Zipless* followed in 1995.

On Vanessa Daou night, the publicity agents walk through the Sam Goody store passing out *Zipless* cassette samplers and V-X key rings. "Vanessa will be here signing stuff," the announcer says. "This is a great opportunity for those of you who like to collect stuff." Horn d'oeuvres are sent down from Planet Hollywood: bell-pepper palm trees and puttickers, buffalo wings and celery sticks. This is when the listening party begins to catch on.

While munching, customers who have never heard of Vanessa Daou contemplate her image on turquoise posters, cassette samplers, and CD covers, where she blows her head in black leather profile, resting her thumb just far enough inside her waistband to reveal a bit of skin. They can see that she is thin, long-lashed, and short-haired, a waif in shiny black polypropylene. They can see, in short, that she is not babe.

Next, the television begins to play the music video of "Black, Black Forest," a song about isolation and madness. "Living in a house near the Black Forest," Vanessa says, "without any clocks, she's begun to listen to the walls." It's one of the breezier songs, and Vanessa neither reads nor sings the lines. She exhales the words like dry ice, and they dissipate.

In the music video, we see no walls, no clocks, no isolation. A full-screen zipper is pulled down to reveal a woman who stands far away on a platform. She is tiny on the screen, a black-leather ballerina in a big jewelry box. Then the camera gives us a close-up and the dancer is Vanessa. The bodies that dance around her are translucent and taut. They sway and bend, leaning forward to caress her. We are shown tattoos and garter belts. Vanessa's shirt falls away like a rose petal. We get an aerial view of her cleavage. She leans close to the camera, and her lips form the words, **BLACK, BLACK, FOREST.**

When Vanessa Daou arrives in person, she is even younger than the video image, a spry in lavender metallic pants and four-inch platform shoes. A presentation line forms almost immediately. The petitioners, mostly adolescent and adult males, hold out their CD covers and clear their throats. "What's your name?" she asks. She shakes her silver ink pen. She

carefully writes Ben or David or Michelangelo ("Michelangelo?" she asks) and then she blows on the ink, waves the paper a little so it won't smudge. She grim at them all and she laughs at their nervous jokes. She is Snow White, and they are her dwarves.

All the time, her music is playing in the background, a soothing, foggy sort of sound. One petitioner winks at her, and she grins. Another says, "Good luck, Good bless," and then, as if there has to be one more good wish, he holds up the peace sign. A girl in white sneakers and a barrette poses with Vanessa for a photograph.

If Vanessa Daou were just singing earnest, drive-all-night-in-a-Mustang songs, that would be the whole story. But Daou's aspirations, like Erica Long's, are to use pop art as a medium for poetry about female sexuality and suffering. The message is a little confusing. Vanessa is dressed like a nymphette while she bemoans "the howling chaos of the heart." She utters feminist reproaches, like, "It is cooking you seek, not love, cooking with sex coming after" over the stereo

Long said to her, right off the bat, "I like your aura."

system while she dances on TV with "harem."

Adults might find this odd, but what will boys make of it? At the party, Vanessa signs cassette samplers for three ten-year-old boys who will go home and hear her chide, "My love is too much — it embarrasses you — blood, poems, babies." They will hear about someone whose needs are deemed "cool & blue as television screens in tract houses" ("perhaps the very place they will see Vanessa Daou again"), and they will hear, to their titillation, the words "blow job" and "penis" and "sex."

All of this occurs under the rubric of "poetry," because that's what Erica Long continually insists she is — a poet — and the lines quoted above are some of her best. In the preface to *Becoming Light*, the 378-page collection on which *Zipless* is based, Long quotes a little epiphany she wrote for herself:

A demi-young author named Long
Became famous for reasons quite wrong.
A poet at heart, she won fame as a tart —
That mispronounced poet called Long.
Long won fame as a tart because she finds the word "fuck" poetic (and lucra-

five — *Fear of Flying* has sold 10 million copies in 27 languages). In *Becoming Light*, there are poems addressed to Pablo Neruda, Colette, Anne Sexton, and Keats, but there is also a poem called "The Land of Luck." The poem addressed to "Dearest Man-in-the-Moon" contains the line "I have walked the craters of New York, a trail of slime rib-boning between my legs." Review copies of *Zipless* bear the label "Explicit Lyrics," and the warning is earned, but there were no labels in sight when the publicity agents were passing out free samples to boys in skateboarding shorts.

Labeled or not, the *Zipless* album isn't just selling Long's view of sex. It is selling Vanessa Daou as a feminist pinup girl, and the resulting schizophrenia is most jarring in the songs "Dear Anne Sexton" and "Alcestis on the Poetry Circuit."

Seated amid the balloons after an hour of signing autographs, Vanessa Daou says that Erica Long "represents that whole lost generation of women" and that Anne Sexton is especially interesting to her. "I like the whole story of her life," she says. "She was really old when she started writing — in her twenties — and self-taught and got degrees and all that."

The short story of Anne Sexton's life is this: She was a model for the Hart Agency in Boston, the mother of two girls, and a psychiatric patient for nearly 20 years. She published ten books of poetry, including *To Bedlam and Part Way Back*, *The Death Notebooks*, and *The Awful Rowing Toward God*. She became a writing teacher at Boston University, Oberlin, and Colgate, was awarded the Pulitzer Prize, and tried to kill herself several times before she succeeded. In the year of her death, Sexton told an interviewer how she and Sylvia Plath would eat dinner together at the Waldorf Cafeteria; "Sylvia and I would talk at length about our first suicide, in detail and in depth — between the free potato chips. We talked death with burned-up intensity, both of us drawn to it like moths to an electric light bulb, sucking on it."

Erica Long's poem "Dear Anne Sexton, II" was published in 1975, the year after Sexton's death. In the poem, Long recalls her friendship with Sexton, in which the light bulb was not suicide but sex.

We spoke of men as often as of poems we tried to legislate away the need for love — that backseat fuck & death caressing you.

Long writes this letter to the departed Anne to explain that she is living by a lake with a red-bearded man whose tongue is an "amazing

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Calendar MUSIC SCENE

plum" that sweetens her brain, long being long, there is more, the other amazing part of his body reaches all the way to her heart. Although the letter may or may not be great poetry, at least it alludes to the actual

facts of Anne Sexton's life. In Vanessa Dano's version of "Dear Anne Sexton" (which was, like all the songs, approved by Erica Jong), Anne Sexton's life story is immortal. The lines "You are like nobody since I love you, & you are gone" become "I love him now like I loved you once! I love a man! My dearest Anne!" The new lines are catchy and bisexual, like

the figures in Vanessa Dano's music video, but they also turn Anne Sexton's name into a cheap literary prop. The most literary song on the album is "Alkestis on the Poetry Circuit," but here homage to the dead is undermined by the vixen persona that MCA has created for Vanessa Dano. In a play by Euripides, Alkestis is the wife of a man who has been

promised eternal life if he can find someone to die in his place. Alkestis volunteers and she dies for her husband, but she is later rescued from Hades by Heracles.

Erica Jong's version describes the various ways that women volunteer to die and then, if they're lucky, return as icons, made into saints by the women who survive. In the Sam Goady

store, where Vanessa is simultaneously signing autographs, dancing to "Black, Black For-est," and breathing the words of "Alkestis," Vanessa seduces her audience with the very means that Jong describes as fatal. "She must refer all moral questions to her mirror," Vanessa's voice says. (On eight muted television screens, a zipper is pulled

down to reveal her on a platform.) "She must never go out of the house unless veiled in paint," she says in the accepted graduate school style; a pause every third or fourth word. (She moves her painted lips for the camera, again mouthing "Black, black forest.") The song is a scene, but it isn't clear who, if anyone, these two voices can bring us from the other side. ■

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Calendar MOVIES

doubt is partly to blame. Its expensiveness would appear to be the result of a compromised, collaborative screenwriter leeching his belt in private and not letting himself go — and go and go and go. Superficial narrative back to conventional screen size has squandered the whole purpose out of it, along with most of the life in it, leaving something dry and dead, unshaped and unspiced. Put simply, Price didn't write it as a movie; he wrote it as a Great (Big) (Fat) American Novel. If he had set out in the first place to write a movie, he would doubtless have planned a different route; he would not simply have gone over the same story skipping and napping. With Mekhi Phifer, Delton Locke, John Turturro. 1995.

Cherish — Amy Heckerling returns, more or less, to the scene of her first film at *Redmond High* (1982). It's now Beverly Hills High, but it's still contemporary So-Cal youth — that's the important thing. And there are important social changes to document. "Good, skateboards!" That's like so five years ago? The filmmaker's attitude is far from censorious, quite close to indulgent even optimistic. The bubble gum-beamed heroine, deep down beneath her



The Addicted

designer wardrobe, is really concerned with matters of form and propriety — like the Jane Austen heroine on whom she's doubtfully modeled. Too, she has the capacity for "growth," incremental though it may be. And with that, the movie overall edges incrementally ahead of the average youth comedy. Alicia Silverstone, Paul Rudd, Steve Zahn, Brittany Murphy, Wallace Shawn. 1995.

★ **VALLEY DRIVE**, IN, FROM 10:20

Dangerous Minds — A Blackboard jungle, a *Te. Str.* with Jane, for the Nineties. Which means something, wears a name, video than a bona fide movie. Driven by a persistent sackerly background beat, and speeded through five-minute class periods forever interrupted by the dangerous hell at peaks of tension and unrelenting. The inner strength of the formula, debilitated though it is, somehow endures the spectacle of an opening mind and a caring teacher awakens the awestruck debate in all of us. And Rocky Santiago is never touching even in so static a situation as attempting to order a simple chicken, a whole one, thank you, in a town French restaurant (as the runt Latino who finds it easier and more rewarding to compare the poetry of the two Dralms, Rob and Thomas, than to compare the class bully. On the other hand — the unrelenting hand — is Michelle Pfeiffer, who is so busy demonstrating her virtuosity as an actress (staring glances, blurring gestures) that she can't be bothered to demonstrate her toughness as a character.

Dead Presidents — The Hughes twins, Alton and Albert, set out to show you their eerie images of black gunmen in minkie white face, but (blackback to 1960) it's a long and long-winded route to return to that point. The first half hour, tracing the evolution of a decent young Brinsford from midtown to midtown (minus the U.S. Marine, almost useless. And the twenty-minute tour in Vietnam, though horrific in the *Platoon* mode, doesn't seem all that essential either. And it's still a long way — trucking, trucking — to the under-motivated and underplanned armed caper. A disappointing course in *Ministry II* Society, though not for lack of ambition. With Laren Tate, Keith David. 1995.

★ **DESPERADO** — Robert Rodriguez's big budget Hollywood sequel following his teeny-tim *El Mariachi* a faded folk tale, with a bubbling over level of myth, to do with an angle, average (the pressing, posturing Antonio Banderas) who has around a private arsenal inside a guitar case. In spite of the noisome glow, it still seems like something of an audition: a full repertoire of empty virtuosity. With Ismael, the Alameda, Selma Hanks, Cheryl Marx, Steve Buscemi, and (hipper and hipper) Checco Zalone. 1995.

★ **DEVIL IN A BLUE DRESS** — Traditional hard-boiled private eye stuff, set in the transitional time period (1940s), but a little off the traditional beats path in the black community of South-Central L.A. With the most formidable adaptation of the first to salivate in Walter Mosley's series of *Fear* (Rudine detective novel, writer-director Carl Franklin graduates from low-budget independence. One *Fable Motel* to the major studio mainstream, and with no loss of mystery. The effective of period clothes and cars is excellent without ever being excessive. The camera generally tries to show scenes and spectacle and to carry up to the actors (Franklin is himself a former actor, maintaining a sense both of humanity and of humanity, as well as a sense of didacticism to the Big Picture. In other words, a sense of close identification with the protagonist). The fellow the book, common to don plotting, unrelenting by Black and crash, has no real stops or snags, but no real pull either. And the casting of *Franklin* (Beals, even if minute from an accusation of "cheating," tends to give away a major revelation. The filmmaker seems in some ways too honest, too modest. But his own good. He certainly retains from the Mosley prose the distinctively black voice, and profits in from the bragadois and self-aggrandizement of the "Nigger" from "Hillier of the not too distant past. (Black Cam, Black Eye, etc.). *Fear* (Rudine, a professional P.T. in his big-budgeted venture, is much more Common Man than Mythic Hero. And *Devil* Washington stars tries to the times in this role — trace to the character's power source and value ability — than he staves, for example, the role of the previous forehand in *Glory*. And even as *Fear* is no paragon of the action hero, his confidence — the gold-toothed, richly fingered *Ministry II* high profile part for the low-profile *Devil* (Beals) — is a paragon of nothing less than the psychopathic, green, the knacker of one piece, of the dirty gangbanger. "Fare, if you didn't want him killed, why'd you leave him with me?" 1995.

★ **EL MARIACHI** — Rodriguez's *VALLEY DRIVE* is a *Te. Str.* with Jane, for the Nineties. Which means something, wears a name, video than a bona fide movie. Driven by a persistent sackerly background beat, and speeded through five-minute class periods forever interrupted by the dangerous hell at peaks of tension and unrelenting. The inner strength of the formula, debilitated though it is, somehow endures the spectacle of an opening mind and a caring teacher awakens the awestruck debate in all of us. And Rocky Santiago is never touching even in so static a situation as attempting to order a simple chicken, a whole one, thank you, in a town French restaurant (as the runt Latino who finds it easier and more rewarding to compare the poetry of the two Dralms, Rob and Thomas, than to compare the class bully. On the other hand — the unrelenting hand — is Michelle Pfeiffer, who is so busy demonstrating her virtuosity as an actress (staring glances, blurring gestures) that she can't be bothered to demonstrate her toughness as a character.

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Dinner — Barry Levinson's very "personal, yet very dramatic, portrait of young man based in Baltimore, 1959. The production is interesting in its collection of period cars and haircuts and single-button jackets and what have you (and are those pink flamingo lawn decorations a shy tribute to that other creative hand of Baltimore and fellow pop-culture connoisseur John Waters?), but the problem with all these cultural signposts, beyond how false they are, is how jammed together they are: more like a museum display than a real life scene and spacious public exhibit. There is, in all areas, a tendency to overdo, to not know when to ease up. The entire movie is far, in so far as, so TV-ish in its desire to deliver quick gratification via funny stuff or poignant stuff or suburban stuff or any sort of stuff, that Levinson hardly seems aware when he is exaggerating. Which is most of the time. (Each individual scene isn't an exaggeration (many of them are, however), the cumulative effect surely is. With Steve

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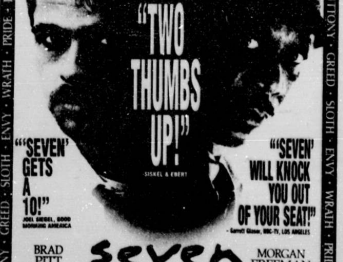
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To Wong Foo, Thanks for Everything. Julie Newmar — An American Adventure of Priscilla. Three New York transvestites en route to L.A. in a vintage Cadillac convertible must cool their high heels waiting for a car part in Podunk, U.S.A., where they are able to pass themselves off as actual women as long as they

Under Siege 2: Dark Territory
Casey Ryback, full time Navy cook, moonlighting One-Man Army, is again in the right place at the right time: travelling with his newly orphaned niece on a hijacked passenger train, made over into a mobile command post for an evil genius bent on demolishing the Pentagon. Birdbrained, copycat, but puppishly energetic — and

Unstrung Heroes — Intently, insentiently, strainingly excruciating, family portrait centered around a brother-sister oddity whose mother is taken with terminal cancer and whose father, already distracted by his crackpot inventions (e.g., a remote-control tent over the boy's bed), is distracted further by his wife's illness. So the boys opt to stay over in a dilapidated old residential home with Uncle Packard and Uncle Parnold, and his parents put up surprisingly little fuss about it: "Just pretend you're living with Dopey and Dopey." (As *Dopey* Number Two, Michael Richards distances himself slightly, but not sufficiently, from his imperishable Kramer persona on the *Seinfeld* set.) *Unstrung Heroes* is a touching, if paid at any price to the boy's little sister. Director Diane Keaton, who has experience as both a taker and a collector of still photographs, oversees some funny visual effects

Useful Unsuspects ... Is this a ripple in the inevitable Tarantino backwash? The caper plotline is snipped into nonsequential segments, and the dialogue rams harum-scarum for the four-letter words and compounds. (Usually amusing example: "I've got a little something for you, per se, for me, for different interesting people.") Hand me the keys, you fucking cocksucker.") End, or close to it, of Tarantino correspondence. The emergence of a mythical cinematic shadow arch villain improbably swept Keanu Reeves—the mere mention of whose name in the circles of critics produces an effect comparable to the name of E.F. Hutton in old TV ads—pushes the proceedings more toward *Fu Manchu* and *Prof. Moriarty*. And the further the villain emerges from the shadows, the less believable he becomes. In the bigger picture, the movie is a little like *Die Hard* on steroids. It's too bad, because the assembled actors—Gabriel Byrne, Stephen Baldwin,

A Walk in the Clouds — Total mush, and uncommonly runny mush at that, about a make-believe marriage between an already married WWII vet and an already pregnant aristocrat, the threatened flower of a noble Napa winemaking family. (The meet cute: she barsfs on his uniform aboard a train.) Italian filmmaker Alfonso Arau brings Hollywood's paintbrush of amber ochre, and copper washes, and maintains a well-coupled of gastronomic links to his protagonists' pasts: the young protagonist is a chocolate salesman, and Grandmother ships up a generations-old recipe for Pumpkin Flower Soup. Based on Racetti's wartime Italian comedy, *Four Steps in the Clouds*, with Krana Reeves, Aitana Sanchez-Gijón, Giancarlo Giannini, Ann
PLAZA CUMAS, POKEY THEATER, A/S \$6009
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in Day

Boat of us

As I write this I'm surrounded by a sourdough bread and fat cream cheese kitchen. But on top of that, I'm eating a piece of smoked fish: salmon (similar to perch). It's thinly sliced like floss. It's marinated red and yellow tomatoes (baby enervés), chives (tomatoes), and served cold. The combination of ingredients is mouthwatering. Although you might get it from a French restaurant in Old Madrid, the Spanish

gged the young chef

...ing a piece of toasted
...spread lightly with non-
...These are from my
...cheese are three kinds
...nonfish, and rosefish
...are hefty servings, not
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...directly it home from
...bought on Fifth Avenue

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...mother, De
...chef at the
...Hotel Mc
...Organ (of

REVIEW
ELEANOR WIDMER

...few months
...I assure yo
...will discov

who beamed.

has changed, thanks to a young andJoshua McGinnis. If cooking is inhas inherited his ability from hisAbraham, formerly the executiveand later at the Bristol Court, reminds me of the young Dougrel), who displayed talent at anearly age. McGinnis just turned24. He offers immense devotionand great culinary imagination.

After a stint at Dobson's, he nowhas complete autonomy. It tooka make changes in the kitchen, butat if you love fine cooking, youat de Madrid. That's what makes



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Menu: Spanish and tapas (Spanish)
Price Range: \$3.50 to \$18.50
Hours: Open daily, Lunch, 11:30 a.m. to 2 p.m.



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Type of Food: Spanish and tapas (Spanish appetizers)
Price Range: \$3.50 to \$18.50
Hours: Open daily. Lunch, 11:30 a.m. to 4:00 p.m.; dinner, Sunday through Thursday, 4:00 to 1:00 p.m.; Friday and Saturday to midnight. Club dancing Thursday through Saturday

Both of us hugged the young chef, who beamed.

The combination of these ingredients is mouthwatering. Although you might guess the preparation came from a French restaurant, I brought it home from Ole Madrid, the Spanish eatery on Fifth Avenue downtown.

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ELEANOR WIDMER

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
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Course fee \$29 / Members course fee \$24



An Evening with BARBARA MARCINIAK Bestselling Author of Bringers of the Dawn

Extraordinary spirit beings known as the Pleiadians are the foundation of author Barbara Marciniak's phenomenal worldwide success as a spiritual teacher, lecturer and channeler of healing energy. In this remarkable evening, Marciniak, author of *Earth: Pleiadian Keys to the Living Library*, will offer the Pleiadians'

The Path to Spiritual Enlightenment

Frederick Lenz believes that where there's life, there is possibility — and his own life is a monument to that belief. Lenz is a great American success story. The son of an Irish immigrant family, he discovered martial arts in his teens and used what he learned to unlock his hidden potential. He saw possibilities for himself he never dreamed of. He went on to earn a Ph.D. in English lit and a black belt in martial arts, and he's now a designer of computer software, a gifted musician, record producer, renowned author, world-class snowboarder and Buddhist teacher!

In this illuminating seminar, Dr. Lenz will talk about self-discovery, overcoming life's obstacles to live out your dreams and how you can unlock your hidden potential.

He'll also reveal insights from his books, *Lifetimes: True Accounts of Reincarnation*, and his new novel, *Surfing the Himalayas*, based on his own experiences in Nepal. He'll discuss the challenges, joys and frustrations of trying to understand the paradoxes of Tibetan Buddhism, as well as transcending the boundaries of traditional Western views of metaphysics and spirituality.

Don't miss this powerful evening with a true Renaissance man. You'll open your eyes to your own world full of possibility!

"I was delighted and inspired by *Surfing the Himalayas*." — Dr. Brian Weiss, author of *Many Lives, Many Masters*.

Course 2044 Thu, Nov. 9 6:30-9:30pm
Sec. A
Course fee \$29 / Members course fee \$24



SPEND AN EXTRAORDINARY DAY WITH!

DR. NATHANIEL BRANDEN on Responsibility, Self-Reliance & Personal Power

Dr. Nathaniel Branden is known as the "Father of the Self-Esteem Movement." This acclaimed psychologist and author has spent his entire professional life studying self-esteem. He's also written numerous bestselling books on the subject.

Join us for a fascinating workshop led by this renowned teacher. Inspired by his new book, *Taking Responsibility: Self-Reliance and the Accountable Life*, this class explores concrete ways we can take responsibility for ourselves and achieve real power over our lives. Through talk, discussion, psychological processes and exercises, you will deepen your understanding of what self-reliance means. You'll also learn step-by-step how to:

- Move from victim power to personal power
- Create effective personal power in the workplace and in personal relationships
- Cope with the challenges of life and achieve true happiness
- Dr. Branden's profound words will spur you to make dramatic, lasting changes in your life!

Nathaniel Branden, Ph.D., is one of the great psychologists of the 20th century. He is the author of 14 books, including the classic *The Psychology of Self-Esteem* (over 1 million copies in print). Honoring the Self, How to Raise Your Self-Esteem and The Six Pillars of Self-Esteem.

Course 330A Sat, Feb. 3 10am-3pm
Sec. B
Course fee \$59 / Members course fee \$54

SHIP UP BEFORE DEC. 31ST & TAKE \$5 OFF

An Evening with Award-Winning TV Anchor CAROL LEBEAU on Realizing Your Dreams

Carol LeBeau is a co-anchor of San Diego's number-one late-night news show. She's worked really hard to get to where she is today, overcoming numerous personal and professional obstacles along the way.

In this informative evening, Carol will share her tips for success and tell you about her own battles with depression, stress and anxiety. You'll learn what it takes to break into broadcasting, how to get your foot in any door and how to realize your own dreams.

She'll also answer all your questions and cover:

- What it's really like for women in journalism
- What they don't teach you in journalism school
- The state of professional journalism today
- The importance of faith and spiritual health
- How to achieve balance in your life
- And more!

Carol LeBeau co-anchors the local ABC affiliate's Channel 10News at Five and 10News Nightline. She is known for her popular "Staying Healthy" segments, is spokesperson for *Children's Life 10* and is the recipient of numerous journalism awards.

Course 4091 Fri, Dec. 8 7-10pm
Sec. A
Course fee \$29 / Members course fee \$29

From Panic to Power Proven Techniques to Calm Your Anxieties, Conquer Your Fears & Put You in Control of Your Life!

Lucinda Bassett is the latest phenomenon of the self-help movement. A sufferer of acute anxiety disorder most of her life, she also developed agoraphobia as a young adult.

Yet in spite of these dramatic setbacks, she's achieved tremendous personal and professional success as an author and host of her own top-rated infomercials. In this inspiring evening, Lucinda will tell you how

Spiritual Discovery Simple, Powerful Truths for Making Life Work with DAN MILLMAN, Author of Way of the Peaceful Warrior

In this illuminating seminar, based on his new book, *The Laws of Spirit*, well-known author Dan Millman will reveal key principles for making your life work better. Touching on every aspect of daily living, including relationships, education, careers and money — even sports and hobbies — this lively presentation will combine discussion with real-life examples to show you how to apply the laws of the spirit to your everyday life. Dan will clearly and illustrate how to use the laws of spirit for greater serenity, confidence, humor, perspective and security.

You will learn:

- How a basic shift in attitude can unlock a new passion for living and loving
- The key to many successes and a more enjoyable journey on the path to your goals
- How to achieve a new presence in the world
- How a leap of faith can improve your well-being
- Where to find the courage to be yourself
- How beliefs shape your body and your life
- And more!

Don't miss the simple yet powerful wisdom of Dan Millman as he helps you unlock new passion for living and loving!

Course 2256 Fri, Oct. 27 7-10pm
Sec. A
Course fee \$29 / Members course fee \$24

How to Look 10 Years Younger Without Cosmetic Surgery A Hands-On Workshop with TAMIKO

You've seen her before and after pictures in almost every consciousness magazine in the country. Now you can meet her in person and learn her beauty secrets.

Tamiko, president of the Tamiko Corporation, has not only overcome every obstacle life has thrown her way — including cancer — but she also looks like a movie actress! Tamiko went from being a traditional Japanese-American housewife, with no experience in business, to amassing a multimillion-dollar fortune through her highly successful beauty business. The business integrates consciousness, high-tech equipment, and natural products and techniques to transform spirit, mind and body. In this class, Tamiko will teach you a technique based on acupuncture and muscle manipulation to tighten and tone your face, as well as other parts of your body.

You'll learn her system, endorsed by doctors, cosmeticians and health professionals, so you can:

- Reduce fatty deposits
- Stimulate facial and body circulation
- Lift drooping eyelids
- Contour and firm up cheeks
- Accelerate the elimination of aging toxins
- Prevent lip lines. No matter what your age, you'll transform your looks dramatically and develop clearer and brighter-looking skin!

Course 354 Thu, Nov. 30 6:30-8:30pm
Sec. A
Course fee \$29 / Members course fee \$24



Call (619) 544-9700 to register. See page 38 for registration information

Use M.C., VISA or AMEX to register by phone — (619) 544-9700

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Award-winning TV anchor on
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From the Director



Welcome to our year-end Issue! If you're new to The Learning Annex, get ready to meet some of the most provocative, compelling and progressive thinkers and teachers of our time.

If you already know us, we've added many exciting new classes that provide practical, useful advice and tools you can use to change careers, make more money, improve your relationships and empower your life.

In addition, we offer classes on exploring, developing and supporting your spiritual growth. If you're looking for self-enrichment, you've come to the right place!

We've been getting tons of letters from people who've had life-changing experiences due to taking a Learning Annex class.

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CO-SPONSORED BY THE CHURCH OF TODAY

Heal Your Aloneness The Inner Bonding Workshop

Many of us keep busy with activities or take on unhealthy addictions to fill a deep emptiness inside. Often, the root cause can be traced back to childhood -- and to the issues still facing your Inner Child. In this empowering workshop with minister-counselor and author Dr. Margaret Paul, you'll learn about Inner Bonding Therapy, a simple yet powerful process that can help you explore and heal childhood wounds by developing a spiritually connected, loving Inner Adult. Dr. Paul will show you how to focus on the dialogue between your Inner Child, loving adult and higher power. You can use the insights you'll gain to sustain a valuable inner support system that can free you from nagging fears, false beliefs and long-time pain. Learn how to • Focus on releasing the anger of your Inner Child • Explore fears and beliefs that block the learning process to growth • Handle conflict and boundary issues in relationships • Heal childhood pain and forgive those who hurt you • And much more.

Margaret Paul, Ph.D., is the author and co-author of seven books, including the bestselling Inner Bonding, Healing Your Aloneness and Do I Have to Give Up Me to Be Loved by You?

Course 207A Sat. Jan. 27 Hotel Circle
Sec. A 8:30am-4:30pm
Course fee \$29 / Members course fee \$24

Spiritual Unfoldment Finding Your Passion and Discovering Your True Self

Have you ever really considered the question, "Who am I?" Have you ever wanted to get in touch with your soul? In this enlightening, practical seminar, renowned personal growth speaker and author Richard Barrett will show you how. He'll reveal the essentials of spiritual unfoldment, give you tools to achieve soul-centered living and show how you can unlock your full potential and achieve your highest aspirations. You'll learn • How to identify and release the fear beliefs that are causing you pain and discomfort • How to create the reality you want • How to find meaning and purpose in your life • How to enhance all your relationships • How to blend your personality with your soul • How to create permanent beneficial changes in the way you perceive the world. Plus Two powerful meditations for liberating the soul.

Richard Barrett is an internationally recognized speaker, workshop leader and founder of the World Bank Spiritual Unfoldment Society. He is the author of A Guide to Liberating Your Soul.

Course 270 Sat. Nov. 18 Hotel Circle
Sec. A 1-4pm
Course fee \$29 / Members course fee \$24

Woman Heal Thyself! Learn How to Take Control of Your Body

Have you ever dreamed of overcoming the effects of PMS, cramps, infertility, depression, addictions and panic attacks in a totally natural way, simply by using the power within you? This remarkable course will show you how!

With Jeanne Elizabeth Blum, healer and author of *Woman Heal Thyself*, you'll learn the Forbidden Pregnancy Points System™, a technique of self-massage using 24 acupressure points that have been off-limits for 5,000 years. This system will allow you to control your menstrual cycle, achieve well-being and learn that your health is, quite literally, in your own hands.

Blum will teach you • How to understand body "energy," and how we become ill or addicted • What happens when your energy flow gets blocked, and how to unblock it • What the Forbidden Pregnancy Points System™ is, and how to use it • How this system can increase fertility, be used as a contraceptive, get rid of endometriosis and help menopausal transition • And much more.

Jeanne Elizabeth Blum, M.T., O.M.T., founded the Healing Light Therapies Center in Bermuda in 1989. She holds degrees in Massage Therapy and Oriental Massage Therapy, developed the Forbidden Pregnancy Points System™ and practices auricular therapy and acupressure in Malibu.

Course 288 Wed. Nov. 23 Hotel Circle
Sec. A 6:30-8:30pm
Course fee \$29 / Members course fee \$24

Understanding Medicine-Wheel Circles

Circles and mandalas are important in all cultures. They allow you to become aware of your inner abilities, explore ancient levels of consciousness and reclaim ways to achieve wholesome relationships. In this exciting workshop, you will journey through the symbolic directions and Power Points. Animals and Earth medicines of the Medicine Wheel as you discover • The powerful meaning of the Medicine Wheel • Your place on the circle of life • Elemental paths leading to

FEATURED SPEAKERS

Take the Anxiety Out & Put the Fun Back Into Dating with DR. SUSAN FORWARD & DEBRA WINKLER

Do you feel bombarded by conflicting and confusing messages about what is expected from you on a date? Do you feel insecure and anxious when you meet other singles, and start to form relationships? If so, then this seminar is for you. Internationally renowned therapist and author Dr. Susan Forward and Debra Winkler, founder of the largest singles organization in the U.S., will teach you how to put the fun back into dating. Through role playing, exercises and demonstrations, you will have the opportunity to deal with those areas of romantic encounters that have caused you discomfort and limited your success in forming relationships. They'll cover • How to focus on whether you like the other person without worrying so much about whether they like you • How to handle rejection • What to say after you say hello • When do you become lovers? • And more. After taking this class, you'll rediscover much of the fun and joy of meeting and dating.

Susan Forward, Ph.D., is a therapist, lecturer and author of the NY Times number-one bestsellers *Toxic Parents* and *Men Who Hate Women* and the *Women Who Love Them*. Debra Winkler is the founder of Y.E.S. (Young Executive Singles) Network and of California's largest matchmaking service, Debra Winkler Personal Search.

Course 9500 The Dec. 14 Hotel Circle
Sec. A 6:30-8:30pm
Course fee \$29 / Members course fee \$24

Understanding Medicine-Wheel Circles

Wisdom • Seasonal attributes focusing on Enlightenment • Your own Animal Chakras • How to seek answers from energies of Self, Nature and Spirit • And more! Please bring a pillow and wear comfortable clothes. Sign up early; seating is limited.

Janice Hensley has been lecturing and performing "teaching wheels" for the last 10 years. She is the author of *The Wonders of Animal Guides and Journey Thru the Directions and Power Points of the Medicine Wheel*.

Course 3558 Wed. Nov. 15 Hotel Circle
Sec. A 6:30-8:30pm
Sec. B Wed. Dec. 13 6:30-8:30pm
Sec. C Wed. Jan. 18 6:30-8:30pm
Course fee \$29 / Members course fee \$24

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Use M/C, VISA or AMEX to register by phone - (619) 544-9700

PERSONAL GROWTH

12 Stages of Healing & Consciousness with DR. DONALD EPSTEIN

Did you know that each moment of our lives contains rhythms that hold lessons for us in our physical and spiritual healing process? Based on years of clinical observations, Dr. Donald Epstein, founder of Network Chiropractic, believes that there are 12 basic rhythms or stages of consciousness shared by everyone.

In this invaluable seminar, Dr. Epstein will explore how movement, touch and breath allow us to move through our discomfort to a state of healing. Thousands of people have experienced the powerful stages of healing and consciousness using these simple exercises. Discover how to harmonize, heal and empower your life using your mind and body.

You'll learn:

- How the 12 stages of healing can help you heal aspects of yourself that are injured, abused, forgotten or unforgiven
- Simple moving and breathing exercises you can do anywhere
- How to take more responsibility for your healing process, without having to "figure out" anything. If you are a health-care professional, chiropractor, psychotherapist or just interested in learning more about the healing process, you won't want to miss this informative seminar.

Donald Epstein, D.C., is the developer of Network Chiropractic and the president of the Association for Network Chiropractic. His methods have generated tremendous enthusiasm in the healing community during the past five years. He is the author of the breakthrough book *The 12 Stages of Healing: A Network Approach to Wholeness*.

Course 2261 Hotel Circle
Sec. A Thu, Dec. 7 6:30-9:30pm
Course fee \$29 / Members course fee \$24

The Healing Runes

Learn How to Use the Wisdom of This Ancient Oracle to Heal Your Life

In this informative workshop with Ralph H. Blum, author of *The Book of Runes*, you'll learn how to work with your own natural healing abilities, using techniques from his new work, *The Healing Runes: Tools for the Recovery of Body, Mind, Heart and Soul*. Blum first encountered the runes in England 17 years ago, and he interpreted their meanings in language and imagery appropriate to our time. In writing *The Healing Runes*, he teamed up with long-time therapist and counselor Susan K. Loughan, and in this workshop, he will provide you with the tools

How to Break a Habit in 21 Days Six Steps to Freedom with DR. BRIAN ALMAN

Do you have habits you'd love to break but never thought you could? Habits like overeating, binge drinking, stress addiction? You can break them! This unique seminar will teach you how to master, overcome and get rid of all those annoying habits, once and for all — in just three weeks.

Dr. Brian Alman will teach you six key techniques guaranteed to help you break habits — any habits — to become the person you want to be. You'll be free to live your life fully and get rid of unwanted behavioral baggage. You will learn how to:

- Recognize and master the triggers that have pushed you back into negative patterns over and over again
- Listen to your inner wisdom, learn to understand and accept its messages of encouragement and discouragement
- Live in the present and discover how to step your past from controlling your future
- Keep yourself from having a relapse
- And much more!

Brian Alman, Ph.D., is an internationally known author, clinician and trainer whose private practice focuses on addiction recovery, self-esteem, pain control and other personal goals. He is the author of *Thin Meditation and Six Steps to Freedom, among other books*.

Course 3400 Hotel Circle
Sec. A Wed, Jan. 10 6:30-9:30pm
Course fee \$29 / Members course fee \$24

to aid you in emotional, psychological and physical healing. You'll learn:

- The history of runes
- A complete new set of rune interpretations
- How to combine the Viking runes and the healing runes
- How to take responsibility for all aspects of your own healing. Prior experience with the runes is not necessary.

Course 241 Hotel Circle
Sec. A Thu, Nov. 30 6:30-9:30pm
Course fee \$29 / Members course fee \$24

A UNIQUE PANEL DISCUSSION

How to Prevent Breast Cancer

Self-care and preventive medicine are two of the most empowering tools you can use for optimum wellness. In this seminar, Ross Pelton, Ph.D., Taffy Clarke Pelton, M.A., and Vinton C. Vint, M.D., co-authors of *How to Prevent Breast Cancer*, will teach you how to go beyond breast self-examination and mammography, to recognize and circumvent the risk factors leading to breast cancer. Learn:

- How and why fat in your diet affects your breasts
- How and why nutritional supplements and proper diet can help you prevent breast cancer
- How the environment and stress play a role in your breast health
- How non-sexual breast massage can help you
- The importance of exercise
- How to analyze your family health history
- How hormone replacement therapy affects your body
- Everything you need to know about mammography
- And more.

Course 237 Hotel Circle
Sec. B Thu, Oct. 19 6:30-9:30pm
Course fee \$29 / Members course fee \$24

How to Reverse the Aging Process and Boost Your Brain

It's not a myth — you can become mentally sharper, younger and smarter. Millions of people from professionals to health enthusiasts take "smart drugs" and nutrients to improve brain function and reverse the aging process of the mind.

In this fascinating class you'll discover how to:

- Expand your mental capabilities and achieve your optimum level of mental performance
- Produce peak physical performance and slow down the effects of aging
- Maximize your healthy life span
- Reduce your risk of heart attack and cancer by 60% or more
- Find new sources of energy and eliminate burnout
- Improve your short-term memory and recall, and enhance creativity
- Add 25 happy, healthy years to your life!

Ross Pelton, Ph.D., is a psychologist, pharmacist and author of *Mind Food & Smart Pills: Wealth Through Health and Revolution in Cancer Therapy, among others*.

Course 354A Hotel Circle
Sec. A Thu, Nov. 2 6:30-9:30pm
Course fee \$29 / Members course fee \$24

Dyslexia It Can Be Overcome!

Leonardo da Vinci, Albert Einstein, Greg Louganis and Whoopi Goldberg are just a few of the famous people who have overcome dyslexia, and gone on to excel in the arts, athletics and engineering may make it difficult for them to use the written language or perform math problems. In this seminar you'll learn:

- What dyslexia is — and what it isn't
- The relationship between dyslexia, Attention Deficit Disorder, sleep problems, tight muscles, tic disorder, alcoholism and anger
- Why you hate to read and learn — and how to learn to love it
- How dyslexia affects your personal life and career
- How progressive, non-drug choices can turn painful learning into joyful pleasure.

Leslie A. Hendrickson, M.Ed., is a neuro-educational training specialist with a background in education and entrepreneurial business. She has been a trainer in self-esteem, motivation and career counseling.

Course 387 Hotel Circle
Sec. B Wed, Oct. 18 6:30-9:30pm
Sec. C Wed, Jan. 17 6:30-9:30pm
Course fee \$29 / Members course fee \$24

Face Aerobics In 5 Minutes a Day You Can Lift & Tone Your Face!



Do you look older than you feel? Instead of opting for costly plastic surgery or prescription creams, come find out about Face Aerobics, a natural, highly effective alternative that will take years off your face! In just one evening, noted skin-care expert Judith Oliva will teach you a series of facial exercises that will help maintain and rejuvenate facial muscle tone. You will learn how to:

- Lift drooping eyelids, sagging cheeks and jowls
- Erase lines around the mouth
- Get rid of double chins
- Lessen under-eye bags and puffiness
- And more. Learn how to feel like a million bucks — without having to spend that much on surgery.

Judith Oliva is the creator of Face Aerobics, plus her own innovative skin-care system, *The Beautiful Skin Kit*.

Course 365A Hotel Circle
Sec. A Mon, Oct. 23 6:30-9:30pm
Course fee \$29 / Members course fee \$24

How to Access the Goddess Within Let the Wisdom of the Goddess Guide You!

The ancient Goddess has reemerged as a powerful transformative force in contemporary spirituality and as a guide for women in all aspects of modern life.

Let the wisdom of the Goddess help and enlighten you, as you join priestess and witch Maria Kay Simms in exploring the sacred feminine — and discover Her presence within yourself!

Through discussion and guided imagery, you'll experience the Goddess within, as:

- Maiden — independent, free and full of potential
- Mother — life-giving, powerful, sensual and strong
- Crone — wise through experience, able to see beyond.

Through knowledge of the Goddess within, you will be able to:

- Recognize your natural intuition
- Discover your interconnectedness with the Earth and all living things
- See your body as sacred and beautiful
- Understand the value of the cycles of your life — especially the dark times
- Claim your own creative power to change your life and your world.

Maria Kay Simms is the author of four books, including *Circle of the Cosmic Muse: A Wiccan Book of Shadows and Your Magical Child*. She lectures nationally on Wiccan/Pagan spirituality and astrology, and is a professional astrologer.

Course 279H Heavy Mesa
Sec. A Thu, Dec. 14 6:30-9:30pm
Sec. B Wed, Jan. 10 6:30-9:30pm
Course fee \$29 / Members course fee \$24

Coping with Attention-Deficit Disorder (ADD)

Are you easily distracted, prone to mood swings and have problems with procrastination and disorganization? You may have Attention-Deficit Disorder (ADD) and not realize it. ADD is often hard to diagnose in adults. Symptoms often are disguised as difficulties in relationships, occupational underachievement and low frustration tolerance. It can be a frightening, frustrating disorder to live with — but you can learn to do something about it.

In this informative seminar, psychologist Dr. Roland Rottz, who specializes in the diagnosis and treatment of adults, children and

Remarkable Recovery: What Extraordinary Healings Tell Us About Getting Well and Slaying Well

It's a documented fact that many people recover miraculously from terminal illness after doctors predict they will not live beyond a few weeks. Are you interested in exploring how their remarkable recoveries can enhance your understanding of self-healing?

This dynamic class will show you how! Caryl Hirschberg, one of America's leading medical researchers and co-author of the book, *Remarkable Recovery*, will share stories with you proving that remarkable recovery from terminal illness happens more than anyone ever suspected — and that we ourselves control our own healing systems!

Through examples and solid information, Hirschberg will teach you how to define the impossible, share with you the biological explanations behind the powers of your body, show you how to integrate your mind/body mechanism to fight diseases, teach you how to become a recovery-prone personality and much more.

Caryl Hirschberg is co-founder of the Remission Project at the Institute of Noetic Sciences, was research director and co-writer for the *Heart of Healing* TV series and is co-author of *Spontaneous Remission — An Annotated Bibliography*.

Course 213 Hotel Circle
Sec. A Sun, Nov. 12 1-4pm
Course fee \$29 / Members course fee \$24

adolescents with ADD, will talk about the different types of ADD and help you to:

- Identify symptoms of Adult ADD
- Understand the causes
- Learn both traditional and innovative strategies for coping with ADD in work, school and relationships
- Learn to live with an ADD spouse
- And more.

Course 300 Hotel Circle
Sec. E Mon, Oct. 30 6:30-9:30pm
Sec. F Mon, Dec. 4 6:30-9:30pm
Sec. G Thu, Jan. 18 6:30-9:30pm
Course fee \$29 / Members course fee \$24

PERSONAL GROWTH

Who Were You Before? Exploring Your Past Lives Through Astrology

The ancient wisdom of astrology offers clues as to who you were in previous lifetimes. Join professional astrologer Maritha Pottenger for a fun, informative evening as she shows you how to explore your past lives through astrology.

The knowledge you gain can help you to identify ingrained patterns of behavior, resolve old issues and even free you to pursue a creative talent.

She'll help you:

- Discover issues you've faced before and people you've known before
- Explore karmic issues
- Uncover hidden talents, gifts and abilities
- Identify your life purpose
- Recognize spiritual gifts you've developed in this lifetime

Note: Preregistration with your date, time and place of birth is required so that a natal chart can be prepared in advance.

Maritha Pottenger has been a professional astrologer for 15 years and is the author of five books on the subject. She has lectured across the U.S., Canada, Western Europe and in Russia.

Course 342A
Sec. F Wed. Nov. 8 6:30-8:30pm
Sec. G Tue. Dec. 12 6:30-8:30pm
Sec. H Wed. Jan. 10 6:30-8:30pm
Course fee \$29 / Members course fee \$24

Be a Bitch! Never Be Taken Advantage of Again!

Are you considered a nice, soft-hearted, good natured person? Someone everyone can count on for anything? Do you feel like a doormat, and think you lack the strength to defend yourself?

Well, it's time to fight back and learn how to say "no" to the people who don't deserve you. This doesn't mean being a bitch to everyone, but it does mean learning to be selective in who you can still give your all to, and knowing who to blow off.

This class explores the causes and pain of low self-esteem. It will help you learn to like yourself enough not to let people walk all

Doorway to the Soul How to Have Profound Spiritual Experiences on a Daily Basis!

Many people are hungry for a true spiritual experience. They're fascinated by accounts of near-death encounters — because those who undergo them say they feel much greater joy and purpose than ever before. According to Dr. Ron Sciallone, author of *Doorway to the Soul*, you don't have to wait for a near-death vision to have a life-changing spiritual experience! For 17 years, he's had such experiences on a daily basis, at his will. In this enlightening evening, he'll teach you a step-by-step method for connecting with your soul — to enable you to have your own profound spiritual experiences.

You'll learn: • The pillars of personal transformation • Four ways of dealing with negativity • How to heal limiting emotional patterns and blocks • How to make important life decisions • How to face illness or death • How to integrate spiritual insights into your everyday life • And more. After taking this class, you can look forward to many exhilarating changes in your life, including deeper feelings of love, greater intuition, more creativity and an increasing sense of purpose and well-being.

Ron Sciallone, Ph.D., is a spiritual psychologist, author and teacher who has studied human consciousness for 30 years. He is the author of *The Earth Adventure* — Your Soul's Journey Through Physical Reality, Healing the Heart, Healing the Body and Reflections.

Course 223
Sec. A Sat. Jan. 20 10am-1pm
Course fee \$29 / Members course fee \$24

Be a Bitch! Never Be Taken Advantage of Again!

Are you considered a nice, soft-hearted, good natured person? Someone everyone can count on for anything? Do you feel like a doormat, and think you lack the strength to defend yourself?

Well, it's time to fight back and learn how to say "no" to the people who don't deserve you. This doesn't mean being a bitch to everyone, but it does mean learning to be selective in who you can still give your all to, and knowing who to blow off.

This class explores the causes and pain of low self-esteem. It will help you learn to like yourself enough not to let people walk all

Get in Tune with the Soul Learn How to Tap into Your Inner Power

Is there something missing in your life? Do you sometimes have an empty, hollow feeling, no matter how busy you keep yourself? In this empowering class with spiritual teacher and author Christina Thomas, you'll discover how to awaken hidden potential — by connecting with the very center of your being. Christina will give you specific tools and techniques to enhance your natural intelligence and deepen your connection with soul, as you learn how to: • Use your breathing to clear suppressed anger, fear, guilt and regret • Feel the vibrant joy of the present moment • Hear your soul's perfect guidance • Retain your ego to support your life's work • Find inner peace, personal freedom and a passionate sense of purpose • Experience love all the time — even during stress or tragedy.

Christina Thomas is director of the Inner Light Institute, a Kripalu Yoga and member of American Morse. She is the author of *Secrets and In Tune with Your Soul*, and has been invited to the World's Who Who of Women.

Course 258
Sec. A Wed. Nov. 29 6:30-8:30pm
Course fee \$29 / Members course fee \$24

Meditation Workshop

Meditation is an easy way to reduce stress, promote relaxation, increase personal well-being, and boost your immune system. It reduces the heart rate, lowers oxygen consumption and blood pressure in people with high blood pressure, and has been shown to increase these brain waves associated with feeling good. Finally, it fosters insight and assists in the development of useful, practical intuition. No wonder more and more people are turning to the techniques of the ego to assist them today! Your instructor will present the latest research and scientific evidence on the effects of meditation on mind, body and behavior. There will be a discussion on sources of stress, self-assessment and hands-on relaxation. Plus you'll learn an easy, non-religious meditative technique that will provide benefits in a minimal amount of time. You will experience the power of meditation immediately.

Soraya Behbhani is the author of *Discovering Love and Wholeness Through Meditation*. She is a long-time student of the Sufi and the chairperson of the Department of Meditation and Healing at the Sufi Shari-Maghsoudi School of Sufism.

Course 201
Sec. C Sun. Nov. 19 10am-1pm
Sec. D Sat. Jan. 21 10am-1pm
Course fee \$29 / Members course fee \$24

Letting Go of Clutter

Are you overwhelmed by the cluttered build-up of clutter in your home or office? Do you feel tense and anxious about your inability to handle this problem? If you have difficulty getting rid of newspapers, old clothes, books or material objects, then a workshop on managing clutter may be the answer. Through discussion, practical tips, pencil and paper exercises, and visualization, participants will explore some reasons for clutter and accumulation. Learn effective ways of reducing clutter and the anxiety connected with it. Topics include: • Reasons for accumulating clutter • Separating from the past • Organizing your papers, files, closets • A step-by-step action plan • And more! Materials fee \$1.

Harriet Schechter owns The Miracle Worker Organizing Service, which helps busy professionals, business owners and others deal with clutter in their homes and offices.

Course 353
Sec. C Tue. Oct. 24 6:30-8:30pm
Sec. D Wed. Dec. 6 6:30-8:30pm
Sec. E Tue. Jan. 16 6:30-8:30pm
Course fee \$29 / Members course fee \$24

Escape from San Diego Relocate and Prosper in a Small Town

Tired of city living? Concerned about safety, smog, congestion and stress? Escape to your own personal Eden! There are great environments, good neighborhoods, and satisfying jobs in small towns across America. Topics include: • Important questions to ask before considering a move • How to plan and clarify long-term lifestyle and economic goals • Setting personal criteria for the ideal place to live • What towns meet your criteria, and how to find them • How and where to get objective information about your destinations • Connecting with others who've made the move • Available jobs and business opportunities • Money-saving tips • Relocation support groups and other assistance programs • And more!

Margy Gullis is the author of *Planning Your Escape from the Big City and The Relocation Manager's Desk Reference*. She has been helping companies and families relocate for more than 20 years, and is founder of *All the Right Moves* Relocation Consulting.

Course 282
Sec. A Sat. Oct. 29 10am-1pm
Sec. B Sat. Dec. 2 10am-1pm
Sec. C Sat. Jan. 27 10am-1pm
Course fee \$29 / Members course fee \$24

Hands-on Healing Learn the Art of Therapeutic Touch



Come awaken your natural potential to use your hands for healing the way nurses do through Therapeutic Touch, an energy healing technique used in hospitals worldwide. It has been proven highly effective in treating major and minor illnesses, relieving pain, enhancing relaxation, reducing stress and speeding the body's own healing process.

In this informative class, you'll be introduced to the basics of Therapeutic Touch and through hands-on practice learn to tune into your innate healing ability.

You'll be guided through simple exercises to heighten your awareness of the body's energy field, use visual imagery to center and focus your intention and learn to move energy and release congestion.

You'll also hear fascinating case histories of successful treatments using Therapeutic Touch, and enhance your understanding of the body/mind connection. By the end of class, you'll be well-versed in this deceptively simple yet powerful method of healing.

Carol Cook, RN, MS, is a clinical nurse specialist who has been practicing and teaching Therapeutic Touch for 14 years. She was trained by Dolores Krieger and Doris Kunz, developers of Therapeutic Touch and has a private practice in San Diego.

Course 294
Sec. B Thu. Nov. 30 6:30-8:30pm
Course fee \$29 / Members course fee \$24

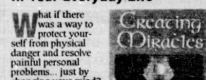
Turn Your Life Around by Consciously Creating Change

What shapes the events in your life? What accounts for success or failure, health or illness, poverty or wealth? Fate, luck, happenstance? Or deeper dynamics we don't fully understand?

Author Lynda Dahl (*Beyond the Winning Streak*, *The Thousand Wonders*) was a computer industry VP when she made a startling discovery: Our lives are crafted from the fabric of our thoughts, feelings and beliefs... so what seems to happen to us is caused by us.

By changing our beliefs, we can literally redesign our lives into what we choose to experience. Lynda put her hypothesis to the

How to Create Miracles In Your Everyday Life



What if there was a way to protect yourself from physical danger and resolve painful personal problems... just by changing your mind? What if miracles were available for the asking? Dr. Carolyn Miller is a clinical psychologist who has studied the phenomenon of miracles for more than a decade. The author of the pathbreaking new book, *Creating Miracles: Understanding the Experience of Divine Intervention*, she's discovered positive proof that miracles are easily accessible to everyone! She'll tell you about fascinating case studies of real-life "miracle workers" — ordinary people who've survived impending disaster by entering into a serene, loving state of consciousness. You'll also hear of her own "miraculous" escape from what looked like certain death, and get easy-to-follow guidelines for creating and accessing your own miracles. Dr. Miller will cover: • How to turn a "hopeless situation" into a miraculous one • How to avoid a crisis by going into an altered state of consciousness and following inner guidance • How to actively access miracles — not just wait for them to rescue you • How to recognize that miracles form a pattern and are much more than luck or coincidence • And much more. If miraculous solutions are really available for the asking, isn't it about time you asked?

Carolyn Miller, Ph.D., maintains a private practice in L.A., trains psychologists in active methodology and has authored many professional articles. She has taught at both undergraduate and graduate levels for more than 20 years.

Course 242
Sec. A Wed. Dec. 6 6:30-8:30pm
Course fee \$29 / Members course fee \$24

Be a Bitch! Never Be Taken Advantage of Again!

Are you considered a nice, soft-hearted, good natured person? Someone everyone can count on for anything? Do you feel like a doormat, and think you lack the strength to defend yourself?

Well, it's time to fight back and learn how to say "no" to the people who don't deserve you. This doesn't mean being a bitch to everyone, but it does mean learning to be selective in who you can still give your all to, and knowing who to blow off.

This class explores the causes and pain of low self-esteem. It will help you learn to like yourself enough not to let people walk all

test to consciously create change in her own life — she ended up creating a million dollars!

In this dynamic workshop, she'll talk about her own story and offer real-life examples of people who have used conscious creation to turn their lives around. You'll study simultaneous time, probabilities and idea constructions, and learn simple techniques and strategies to help you move from where you are today to where you want to be tomorrow!

Course 217B
Sec. A Tue. Jan. 23 6:30-8:30pm
Course fee \$29 / Members course fee \$24

PERSONAL GROWTH

FOR MEN & WOMEN

Discovering a Woman-Affirming Spirituality with the Author of A God Who Looks Like Me

In this remarkable evening, you'll spend three transformative hours with feminist theologian Patricia Reilly, one of America's most controversial spiritual teachers. She has been shaking up the country's religious communities since publishing her groundbreaking book, *A God Who Looks Like Me*. Now Reilly brings her unique insights and skills to this class.

She'll show you how to: • Leave behind traditional male concepts and images for a more authentic spirituality that nourishes womanhood • Name and imagine the divine in your own image and likeness • Tap into the rich resources of your own inner wisdom • Celebrate your body as a trustworthy companion and its rhythms and cycles as an exquisite resource • Use your life energy to exert, initiate and move on your own behalf • Incorporate healing ritual and self-affirming meditation into your daily life.

Course 2245 Sat. Nov. 4 Hotel Circle Sec. A 10am-1pm Course fee \$29 / Members course fee \$24

Angels How to Have an Angelic Encounter

There are angels within us all who will help us live more satisfying, enriching lives once we learn to talk with them. Says Barbara Mark, co-author of the popular book *Angels*. Now, in this enlightening, uplifting evening, she will help you open up your inner doors to your own secret world of spiritual helpers. You will learn • What angels are, and how they communicate with us • How angels can give you a foundation for success in all you do • How to receive messages from your inner angels • How to tell if it's an angel message • Ways to enhance your intuition • What value prayers have in helping you access inner truth and spiritual healing • And much more. Sign up now and explore the power of angels in your life!

Barbara Mark is one of America's leading graphologists (handwriting experts). She lectures extensively throughout the U.S., on how to talk to your angels.

Course 381 Sat. Nov. 25 Hotel Circle Sec. A 6:30-9:30pm Course fee \$29 / Members course fee \$24

Learn How to Breathe ... Right!

How would you like to have more energy, improve vitality and be able to think — without medication? You will — with the simple transformational breathing techniques you'll learn in this hands-on workshop. Ninety percent of your energy should come from your breathing, yet most people access only 10% of their full breathing capacity — and the way they breathe often leaves them tired, cranky and stressed-out. The methods you'll learn will help you to: • Eliminate confusion, tension and stress • Overcome deep-seated fears • Improve sleep habits • Alter your emotional and physical states • Feel alive and invigorated • Stay focused and centered • Maintain well-being and a sense of calm • Promote self-healing. Many medical doctors agree that proper breathing is the single most important thing you can do to improve your health and well-being. Don't miss this class!

Raymond Voss is a certified transformational facilitator through the International Breath Institute, Inc., of Center Harbor, NH.

Course 313A Sat. Oct. 28 Hotel Circle Sec. E 11am-2pm Course fee \$29 / Members course fee \$24

Foot Reflexology

Did you know that every part of your body can be massaged and stimulated through areas on your feet? Reflexology is an ancient and natural healing technique used for preventive health care by relieving the body of stress.

In this hands-on class, you'll become acquainted with the exact anatomical locations and techniques of applying pressure to these areas — so you can use it on yourself and your loved ones.

You'll discover strikingly effective ways to: • Induce deep relaxation • Heal quickly after injuries, accidents or surgery • Have relief from sleepless nights • Relieve minor aches and pains • Strengthen the immune system • Dramatically reduce stress.

Sign up now. You'll leave this class feeling refreshed, rejuvenated and raring to go!

Robbi and Muff Warren, a mother-daughter team, have been in business for over 10 years. They are certified practitioners and regional directors for the International Institute of Reflexology.

Course 314 Sat. Oct. 28 Hotel Circle Sec. V 6:30-9:30pm Course fee \$29 / Members course fee \$24

Feng Shui The Ancient Art of Creating Harmonious Interiors

What does it mean? The name may seem mysterious. The results will revitalize your life. Discover how the Chinese art of placement can bring balance and harmony to your environment. Discover the marvelous principles that will neutralize negative influences and enhance your life. The stress and problems of modern life often come from the places where we live and work. A basic knowledge of Feng Shui shows you how the way you arrange your environment affects not just your attitude, personal and professional activities, but your very health and prosperity.

You'll learn: • How to transform your home, office or business into a place of harmony, balance and positive energy • How to diagnose and solve problems in design and arrangement with Feng Shui — quickly, affordably and effectively • The theory and practical principles that underlie Feng Shui. Feng Shui can bring you amazing results you never dreamed were possible.

James Mosser is president and owner of Feng Shui Warehouse, a clearinghouse for Feng Shui products, consultations, workshops and classes. He has been featured in *USA* and *Philadelphia* magazines, and on *TV* and *radio*.

Course 136 Thu. Nov. 30 Hotel Circle Sec. R 6:30-9:30pm Course fee \$29 / Members course fee \$24

Can't make it to class? See page 37 for the all-new videos on Feng Shui.

All-Day Feng Shui Workshop

Come join us for a fun, full-day workshop on Feng Shui. You'll learn basic and advanced Feng Shui theories and get invaluable tips for transforming your home or office into a tranquil, harmonious setting.

Plus: • How to set up the *Fu* (luck) for diagnosis • Basic "cures" — and transcendental cures for special occasions • And much more.

Please note: Although this workshop is more advanced than the three-hour class, beginners are welcome. Materials fee \$2.

James Mosser — see this course 1/30 Course 136A Sat. Nov. 11 Hotel Circle Sec. C 6:30-9:30pm Course fee \$29 / Members course fee \$24

Improve Your Eyesight Naturally!

Would you like to throw away your glasses and contact lenses once and for all? There is a way to improve and completely naturalize your eyesight, without glasses, contact lenses — or surgery!

In this unique seminar, vision expert, Dr. Jerriann Taber will introduce you to the basics of Eye-Robics, a natural vision improvement technology based on an ophthalmologist's research and discoveries. Learn • The true cause of poor eyesight • Basic vision relaxation and building techniques that you can practice anywhere, anytime • Good seeing habits unconsciously used by people with normal vision — once you master them, normal vision will return • Simple techniques you can use for relief from computer eyestrain • And more! Materials fee \$5.

Jerriann J. Taber, Ph.D., is the founder and director of the Vision Training Institute in San Diego and director of the Bates Teachers Association nationwide.

Course 790A Sat. Nov. 4 Hotel Circle Sec. L 10am-1pm Course fee \$29 / Members course fee \$24

Learn the Ancient Mysteries of Tarot

For centuries, the meaning of the mystical Tarot was a well-guarded secret that few people were privy to. That is, until now! Using a revolutionary technique developed by Howard Stephen Berg, the world's fastest reader, you will learn the meaning of Tarot cards with almost no memorization.

You'll discover how to use the Tarot to gain insight into all aspects of your life, career, family and financial future. You'll learn about the different spreads you can use to do "readings," and how to create your own spreads for different purposes. And you'll learn how to perform an intuitive Tarot reading. Whether you want to understand yourself better or use the cards to help others with their problems, this course will show you the way. Please bring a deck of Rider-Waite Tarot cards to class.

Howard Stephen Berg combines the latest breakthroughs in cognitive psychology with ancient tools for self-awareness. He has taught this class to thousands across the country.

Course 439C Mon. Oct. 23 Hotel Circle Sec. E 6:30-9:30pm Course fee \$29 / Members course fee \$24

How to Release Your Unlimited Potential

with COLIN TURNER, One of England's Most Sought-After Speakers

Are you frustrated because you're not getting what you think you should out of life? Do you have the nagging feeling that there must be something more? Colin Turner is an author (born to succeed, *The Eureka Principle*) and self-made millionaire who's helped many thousands discover and realize their full potential. He believes true success comes from developing and nurturing our own individual, unique talents — not by measuring ourselves against other people's achievements or society's expectations. In this power-packed, practical seminar, he'll give you solid tips and advice, reveal how you can put together your own "blueprint for success," plus help you to: • Discover what you really want • Clearly define your objectives • Know, understand and accept yourself • Release your natural potential • Increase and enhance creative thinking • Develop and use your intuitive powers • Achieve your goals and set new ones • And more!

Course 3304 Fri. Nov. 17 Hotel Circle Sec. A 7-10pm Course fee \$29 / Members course fee \$24

Witchcraft From Sorcery to Spirituality

Today's witchcraft is a woman-identified religion that draws its roots from the land-based religions of the past. Attracting a wide range of believers, modern *wicca* (witchcraft) is about achieving a personal transformation in attitude, behavior and actions.

PANELISTS: CAROL BENNETT, moderator, is a charter member of Covenant of the Goddess (COG). Known as a Lady of the Wild Things, she has been a minister and elder for 20 years. Maria Kay Simms has been a professional astrologer for 20 years. She is a high priestess of a San Diego wiccan circle and the author of several books, including one on wiccan rituals and practice.

Jay Stanovich is a wiccan high priest and priestess who has found contentment within his coven, Dragonstone. He is currently membership officer, Council of Calafia, Covenant of the Goddess.

Course 273A Sat. Nov. 11 Hotel Circle Sec. A 10am-1pm Course fee \$29 / Members course fee \$24

PERSONAL GROWTH

The Healing Powers of Music

Music has been known to heal disease, soothe stress and stabilize blood pressure. It can make your plants grow faster, make order out of chaos, and influence and stimulate your erotic senses.

Learn how to use music to nurture and enhance your health, well-being and spiritual growth in this unique workshop that focuses on the healing powers of music. You'll learn how to use music to: • Arouse your imagination and activity • Open up channels of communication in your life • Become more centered and connected to the strength and life energy within yourself • Reduce stress • Increase confidence • Dissolve emotional blocks. Plus: How to choose specific music to match or change your moods.

Jacqueline Silver is a dynamic and versatile performer and lecturer on music and psychology. A graduate of the Juilliard School of Music, she is founder-director of Creative Workshops, Inc.

Course 291 Thu. Nov. 16 Hotel Circle Sec. A 6:30-9:30pm Course fee \$29 / Members course fee \$24

How to Master the One-Minute Relationship

And Get the Most Out of Every Encounter!

Relationships — all types of relationships — seem frustrating, beyond your control, not nourishing or beneficial to you? In this class, you'll discover how to take that first moment of contact and make it last as long — and as meaningfully — as you want it to. Learn • How to overcome fear, shyness or not knowing what to say • How to get in touch with the most confident part of yourself in less than a minute • How to assume the attitude and behavior you want the other person to take • How to find areas of commonality, instantly • How to match a person's non-verbal behavior • 9 simple ways to get people to like and trust you in less than a minute. Take this class and start on the path to more joyous, fulfilling relationships of all kinds.

Jonathan Robinson, M.A., M.F.C.C., is a psychotherapist, professional speaker and hypnotist specializing in teaching people how to improve their interpersonal and spiritual lives. He is an author, has produced a number-one bestselling video and regularly appears on national TV and radio talk shows.

Course 274A Sat. Nov. 4 Hotel Circle Sec. A 9:30am-12:30pm Course fee \$29 / Members course fee \$24

Use M/C, VISA or AMEX to register by phone — (619) 544-9700

PERSONAL GROWTH

12

How to Talk to Anybody, Anytime! Make the Most of Your Small Talk



Learn how to begin and continue conversations.

If you have trouble filling awkward silences or dread social gatherings, relax. Learn how to turn "superficial conversations" into meaningful, productive encounters that can lead to a second meeting, a business contact, a date or more.

You'll learn all the small-talk basics, including: • Overcoming fears of rejection or "looking stupid" • How to be spontaneous and think on your feet • All-purpose openers to start conversations • How to how out of unproductive conversations gracefully • How to get through "dead spots" and awkward moments • You'll engage in several hands-on exercises so that, by the end of the class, you'll have your own repertoire of conversation starters and ice-breaking techniques to use anywhere — from crowded elevators to cocktail parties.

Sheila Kimmel has been a practicing psychotherapist and motivational speaker for the last 25 years. She is a member of the National Speakers Assoc. and is the author of *Get Out of Your Own Way*.

Course 855B	Thu. Nov. 16	Hotel Circle
Sec. J	6:30-9:30pm	
Sec. K	Mon. Dec. 18	6:30-9:30pm
Sec. L	Thu. Feb. 1	6:30-9:30pm

Course fee \$29 / Members course fee \$24

Stop Smoking Now! One-Evening, Guaranteed

Throw away your cigarettes and stop smoking permanently! Join the many thousands who have experienced the results which hypnosis gets when other methods fail.

Hypnosis allows access to the subconscious mind, enabling you to stop smoking with no craving, no withdrawal and no weight gain.

Hypnosis is one of the most powerful tools for change known in the world today, so not only will you stop smoking, you will learn how the mind functions and how you can use self-hypnosis to make many other

Parla Italiano? Nihon-go o hanashimas-ka? Begin Speaking a New Language Confidently in Just 3 Hours!

If you want to speak Italian, Spanish, Russian, Gaelic, Hebrew, Arabic, Japanese — almost any language — this may be the most rewarding evening of your life.

Professor of linguistics Zev bar-Lev knows many languages, and through his innovative teaching method, he's successfully taught over 20 languages to hundreds of students.

His technique has been widely praised and singled out as highly effective — even for those who have difficulty learning languages through ordinary methods.

Forget dull, endless memorization of long sentences, full conversations and complex grammar rules — methods that have limited results because you quickly forget what you really never knew.

Instead, benefit from this radical but effective approach. In a single session, you'll speak productively in your new language, and learn techniques to continue learning any language effectively.

Zev bar-Lev is a professor of linguistics at San Diego State University. He has published numerous articles on his innovative language-study method, and his booklets are used by many classes and individuals.

Course 248A	Thu. Nov. 14	Hotel Circle
Sec. L	Wed. Dec. 13	6:30-9:30pm

Course fee \$39 / Members course fee \$29

This empowering workshop will teach you how to: • Identify the blocks, immobilizing fears and resistance you have to change • Identify and appreciate the strengths and resources you already have • Get past your self-imposed barriers • Go for what you want • Set personal life goals • And more!

Sheila Kimmel has been a practicing psychotherapist and motivational speaker for the last 25 years. She is a member of the National Speakers Assoc. and is the author of *Get Out of Your Own Way*.

Course 248	Mon. Nov. 6	Hotel Circle
Sec. N	6:30-9:30pm	
Sec. O	Tue. Dec. 5	6:30-9:30pm
Sec. P	Thu. Jan. 18	6:30-9:30pm

Course fee \$39 / Members course fee \$29

Learn Spanish In Six Hours

If you've always wanted to learn Spanish, but didn't think you could? Or you didn't think you had the time? This special Learning Annex course for beginners of all ages will assist you in overcoming your anxieties about learning this language. With Mexico so close to San Diego, knowing Spanish makes life more fun when you travel south of the border or more profitable when you do business with Spanish-speaking customers or clients.

You'll gain a comfortable understanding of the Spanish culture, learn how to speak this romantic language and enjoy meeting new friends in this popular course.

Arturo Galvez has been a professional Spanish translator and teacher since 1975. You'll love how much fun he makes this course!

Course 249	Mon. Nov. 2, 8, 15	Kensington Area
Sec. M	6-8pm	
Sec. N	Tue. Dec. 7, 14, 21	6-8pm
Sec. O	Thu. Jan. 11, 18, 25	6-8pm

Course fee \$59 / Members course fee \$49

Get Out of Your Own Way to Success

Are you stuck by your own immobilizing fears? Do you feel frustrated and anxious — that you may be in your own way when it comes to personal or professional growth? Many of us resist going after what we want because we are scared of other change or the unknown. We "catastrophize" the unfamiliar, choosing what we see as safe and comfortable rather than taking risks and going after what we really want. Our own resistance to change blocks our way to personal growth and freedom.

This empowering workshop will teach you how to: • Identify the blocks, immobilizing fears and resistance you have to change • Identify and appreciate the strengths and resources you already have • Get past your self-imposed barriers • Go for what you want • Set personal life goals • And more!

Sheila Kimmel has been a practicing psychotherapist and motivational speaker for the last 25 years. She is a member of the National Speakers Assoc. and is the author of *Get Out of Your Own Way*.

Course 248	Wed. Nov. 15	Hotel Circle
Sec. J	6:30-9:30pm	
Sec. K	Tue. Dec. 19	6:30-9:30pm
Sec. L	Thu. Jan. 25	6:30-9:30pm

Course fee \$39 / Members course fee \$29

Learn to Use the Internet For Instant Access to Information, Business, Romance, Etc.

The Internet is an international network of information, ideas and interactive services that's as easy to access as dialing a telephone! There are over 12 million Americans living "online" — including rock stars, authors, business moguls — even President Clinton. In this course, you'll learn about the tools, resources, language and culture that make entering this huge network of networks a fascinating experience.

It will cover: • How the Internet is put together and how it functions • Examples of resources and how to access them • How to get connected • How to use e-mail, World Wide Web, Usenet, Gopher and Telnet • How to tap into online databases and information services • And much more. Materials fee \$2. Note: Students will receive a package of free software, new account discounts and other offers worth over \$50, as well as the chance to win a door prize with a value of \$150.

Richard Greenwood, M.B.A., is the founder of Web-Link, Internet Services for Professionals, and publisher of The Internet Edge newsletter.

Course 1940	Tue. Nov. 14	Hotel Circle
Sec. 1	6:30-9:30pm	
Sec. 2	Tue. Dec. 5	6:30-9:30pm
Sec. 3	Tue. Jan. 9	6:30-9:30pm

Course fee \$49 / Members course fee \$39

Advanced Internet Doing Business Online

In this class, you'll get a more in-depth and detailed picture of the Internet and learn sophisticated search techniques to find what you want. You'll also learn about 20 new businesses people have started using the Internet — and how you can get started with an online business.

Topics include: • Advanced uses of e-mail, FTP, Gopher and the World Wide Web • Listservers • Searching with Archie, Veronica and Inqura • Using World Wide Web directories • Bookmarks • HTML (hypertext markup language).

Carl Soderholm and **Mark S. Burgess** — see bio course #1967

Course 1940	Thu. Oct. 26	Hotel Circle
Sec. 1	6:30-9:30pm	
Sec. 2	Thu. Dec. 7	6:30-9:30pm
Sec. 3	Tue. Jan. 9	6:30-9:30pm

Course fee \$49 / Members course fee \$39

Take BOTH CLASSES FOR \$89 / \$74 MEMBERS

How to Advertise on the Internet

The Internet offers businesses a potential customer base of 25 million affluent, technologically sophisticated consumers.

In this informative class, you'll get a detailed overview of business opportunities available on the Net. You'll learn how to get started advertising your product or service through this exciting new medium, what types of products or businesses succeed and how to avoid common pitfalls.

Topics include: • The demographics of the user community • How graphics and interactive forms can help sales • What products should you expect? • Public relations: Finding a corporate identity • Electronic newsletters, online catalogs and electronic ordering • How to sell information through databases • How to avoid being flamed • Good business etiquette • And more!

Carl Soderholm is co-founder and president of Data Transfer Group, a local Internet access company providing local dial-up and database retrieval services. **Mark S. Burgess** is co-founder and VP, Technology, of Data Transfer Group. He is also president of the software development firm, Knowledge Works Inc. He writes monthly columns for Windows Tech Journal and Data-Based Advisor.

Course 1967	Tue. Nov. 7	Hotel Circle
Sec. 1	6:30-9:30pm	
Sec. 2	Wed. Jan. 17	6:30-9:30pm

Course fee \$39 / Members course fee \$29

Hands-on Internet Intensive

Learn how to get the most out of the Information Superhighway in this exclusive hands-on seminar!

Don't miss this chance to learn everything you'll need to know to connect with other computer users, send and receive e-mail, participate in live computer conferences and access information services around the world!

You will also get an overview of the hardware and software required to get online and the local Internet access service

How to Create Your Own Internet Web Site

Are you ready to establish an Internet presence for yourself or your business? In this informative class, you'll learn a step-by-step approach to planning and creating a fully functioning Internet World Wide Web site.

In plain English, Internet experts and consultants **Mark Burgess** and **Carl Soderholm** will lead you through each phase of the Web site planning process, demystify HTML (hypertext markup language), the programming language of the World Wide Web, as the class builds an actual Web site and launches it on the Internet for millions of Net surfers to see!

You'll learn: • How the WWW works • HTML basics • What you need to know before you begin designing your site • Where to find all of the software you'll need to create your site • Where to find free libraries of icons and graphics to give your Web site a professional look • How to create HTML documents for viewing on the World Wide Web • How to use graphics, photos, audio and video to add multimedia input to your Web site • How to create links to other Web sites • How to create interactive elements in your Web site • How to announce your site's presence on the Internet. Plus, you'll get a trial copy of WebEdit, a popular HTML editor, perfect for use with HTML 3 and the extended Netscape features. **PREREQUISITE:** Basic knowledge of the Internet and computers.

Carl Soderholm and **Mark S. Burgess** — see bio course #1967

Course 1961	Thu. Nov. 30	Hotel Circle
Sec. A	6:30-9:30pm	

Course fee \$39 / Members course fee \$29

Hands-on Internet Intensive

Learn how to get the most out of the Information Superhighway in this exclusive hands-on seminar!

Don't miss this chance to learn everything you'll need to know to connect with other computer users, send and receive e-mail, participate in live computer conferences and access information services around the world!

You will also get an overview of the hardware and software required to get online and the local Internet access service

Course 1951	Mon. Oct. 24	Westtown/Airport
Sec. B	6-10pm	
Sec. C	Tue. Nov. 21	6-10pm
Sec. D	Tue. Dec. 12	6-10pm
Sec. E	Tue. Jan. 16	6-10pm

Course fee \$59 / Members course fee \$49

Call (619) 544-9700 to register. See page 38 for registration information

Use M/C, VISA or AMEX to register by phone — (619) 544-9730

How to Improve the Sound of Your Voice Express Yourself Confidently!

Do you like the sound of your voice? Are you happy with the way you come across to others in your professional and personal life?

Your voice has an immediate and vital impact on everything you do — and the way you speak makes that all-important first impression, whether in person or on the telephone.

If you think your vocal image could use some polish, join John Maxwell Taylor, voice coach and communication expert, for a seminar that will increase your ability to communicate effectively on the job and in social settings.

He'll teach you how to:

- Make your voice clearer and more powerful
- Make your speech more pleasing and attention-getting
- Increase your ability to make yourself heard
- Increase your confidence
- Discover your true personality and "body voice"
- And more!

Your voice is your calling card — and the way you use it can make the difference between success and failure. Don't miss this chance to improve your voice power!

John Maxwell Taylor is also an actor, singer and comedian who has been presenting himself successfully in public for over 30 years.

Course 455 Hotel Circle
Sec. D Tue. Dec. 15 6:30-9:30pm
Course fee \$39 / Members course fee \$29

The World Wide Web

You've all heard about the Internet and the Information Superhighway. But do you know about the World Wide Web? The Web is the multimedia, interactive portion of the Internet. It offers graphics and other features not on the regular Internet.

This class will show you a user-friendly way of discovering the practical uses of the Web including: • Techniques used by the masters for creating great looking pages • How to access databases on the Internet via the Web • How a Web site comes together — from server software to integrating databases and online programming through scripts • How

How to Speak Like a Pro For Public Presentations, Meetings & Seminars

Being able to speak well in public virtually guarantees your career success. Every time you speak in front of an audience, you must be able to radiate confidence and create an impact. If you do, you'll win 'em over — and make the sale! In this dynamic workshop, you'll discover secrets and techniques professional speakers know, and gain hands-on public-speaking skills you can use in any situation.

You'll learn how to: • Speak with confidence • Come up with great openings and sensational closings • Conquer your fear of public speaking • Feel comfortable with yourself and your audience • Create an impact and get a response • Use timing, pitch, resonance, pronunciation, facial expressions and gestures for optimum results • Employ humor to entertain and develop audience rapport • Develop your own stories and create the right mood for your topic. You can do it! This class will show you how.

Materials fee \$3.
Carol Supin Gold is a professional platform speaker, and president of her own management consulting firm. She has been featured in the Wall Street Journal and USA Today, and on CNN. She also hosts a radio show and has written many books, including the award-winning Solid Gold Customer Relations.

Course 806 Hotel Circle
Sec. D Tue. Nov. 7 6:30-9:30pm
Sec. E Tue. Dec. 5 6:30-9:30pm
Sec. F Wed. Jan. 17 6:30-9:30pm
Course fee \$39 / Members course fee \$29

to create your own Web site • How to publicize your Web site • The latest security measures • And much more!

Go beyond "surfing the Net" and learn how to use this cutting-edge technology to your advantage!

Carl Soderholm and Mark S. Burgess — see bio course #1967.

Course 1980 Hotel Circle
Sec. D Wed. Nov. 8 6:30-9:30pm
Sec. E Thu. Jan. 11 6:30-9:30pm
Course fee \$39 / Members course fee \$29

How to Switch to a High-Tech Career No Special Training Needed!

If you're stuck in an uninteresting, low-paying job because you have the "wrong" education, it's time to start using your training, writing and organizational skills to move yourself into a higher paying field. Many exciting career paths exist in high tech for people with non-scientific backgrounds. If you're looking for a rewarding, well-paying career, come learn how to use your talents in new ways. Topics include: • How to learn about new, emerging fields — or old fields with a new twist • New knowledge bases — and where to find them • Short courses you can take to quickly improve your marketability • How to locate potential employers • How to write effective resumes • Who to contact for more information • And much more!

Lauren Little, Ph.D., is the owner of a successful biotechnology firm. Tom Pritchett, Ph.D., is a principal scientist at a major instrument company. Both have worked more than 10 years in the biotechnology industry and teach in the U.S. and Europe.

Course 595 Hotel Circle
Sec. A Tue. Dec. 5 6:30-9:30pm
Course fee \$39 / Members course fee \$29

How to Make \$\$\$ with Your Home Computer

You can cash in by using your computer for an hour or two in off-hours. Big companies regularly "out source" their work — it's cheaper for them to farm out station. Small companies may not have in-house capability, but they need computers to stay ahead of the competition. YOU DON'T NEED TECHNICAL PROGRAMMING KNOWLEDGE! Businesses need help with:

- Word processing • Database compiling/management • Routine bookkeeping • Accounting • YOU NEED NO PRIOR BACKGROUND TO MAKE MONEY WITH YOUR PC IN • Inventory control • Mailing

Don't miss out on this rare opportunity to learn from a sales master. You'll see incredible results as your negotiating, speaking, selling and persuasive skills improve in just three hours.

Register early. This class will sell out.
Course 805A Hotel Circle
Sec. D Tue. Nov. 7 6:30-9:30pm
Sec. E Tue. Dec. 19 6:30-9:30pm
Sec. F Tue. Jan. 30 6:30-9:30pm
Course fee \$39 / Members course fee \$29

How to Gain Financial Freedom In Only 8 Minutes a Day!

Imagine not having to worry about paying the bills each month, living debt-free and — easily affording simple pleasures — whenever you feel like them! Sound impossible?

Ron and Mary Hudnick have been using and refining the proven techniques of their wealth-building program for the past 16 years.

In this exciting class, they'll show you how you can get out of debt and take control of your finances, once and for all.

You will learn:

- Why you should always pay yourself first
- How to set up a personal money management system — so all purchasing decisions are made consciously rather than emotionally
- How to apply the principles of "manifestation" to create more financial abundance
- How to get past limiting beliefs and money myths that block your path to wealth
- And more!

You can control your financial destiny. This workshop will show you how!

Course 878 Hotel Circle
Sec. A Thu. Oct. 19 6:30-9:30pm
Course fee \$39 / Members course fee \$29

Sales Mastery Learn Powerful Techniques to Help You Sell ANYTHING

Discover the art of influence! Here is an opportunity to sharpen your communication skills with Randy Alvarez, an expert in sales psychology. Randy is the man behind Worthington Lodge, the most successful car dealership in San Diego.

In this seminar, Randy will give you specific how-to exercises and rapport skills to help you win the emotional trust of others — the true basis of communicating in business and in life.

Don't miss out on this rare opportunity to learn from a sales master. You'll see incredible results as your negotiating, speaking, selling and persuasive skills improve in just three hours.

Register early. This class will sell out.

Course 805A Hotel Circle
Sec. D Tue. Nov. 7 6:30-9:30pm
Sec. E Tue. Dec. 19 6:30-9:30pm
Sec. F Tue. Jan. 30 6:30-9:30pm
Course fee \$39 / Members course fee \$29

Small-Business Success Conference: Financial Independence in Your Own Business

Starting a business can be the key to financial independence. In order to make the most of this exciting, sometimes risky, life-changing opportunity, you need the solid advice of seasoned professionals.

In this empowering day, you will gain vital

insights into such important subjects as small-business law, accounting, patents, marketing, raising capital and using the Internet as a resource.

This conference is a must for anyone serious about starting (or growing) a business.

8-8:30am: Registration

8:30-10am:

• Success Strategies: How to Attract New Clients. *Anne Roe is a well-known motivational speaker on career, financial and business success, and the author of Is Your Net Working and Networking Success.*

• How to Develop an Effective Business Plan. *Robert E. Kleffel is president of Business Economic Resources, a firm dedicated to helping businesses grow and improve profits.*

10:15-11:45am:

• Patents, Copyrights and Trademarks: How to Protect Your Ideas. *James Cleveland, J.D., is an attorney and law professor specializing in intellectual property law.*

• How to Set Up a Corporation, Partnership or Franchise. *William E. Mayer III, counsel to Gage, Fraser & Trepp in San Diego, focusing on business entity issues and small-business legal needs.*

12-1pm: Keynote Speaker

Entrepreneurship in the '90s. *James Fitzpatrick is the CEO/publisher of San Diego magazine, with an extensive background in publishing, national marketing and advertising. He was formerly with Entrepreneur Group, publisher of Entrepreneur magazine.*

Lunch (on your own) 1-1:45pm

1:45-3:15pm:

• Taxes for Small-Business Owners. *James McKenna, C.P.A., has 10 years of financial, accounting, computer and business experience encompassing diverse industries and situations.*

• How to Raise Money for Your Business. *Bob Brehm, M.B.A., is the president of Specialty Financing International, Inc., which provides financial advisory services to new and existing businesses.*

3:30-5pm:

• How to Market Your Business Internationally. *Derek Webber is president of International Consultants, Inc., which advises clients on international business aspects.*

• How to Do Business on the Internet. *Carl Soderholm is co-founder and president of Data Transfer Group, a local Internet access company. Mark S. Burgess is co-founder and VP, technology of Data Transfer Group, and president of the software development firm, Knowledge Works Inc.*

Course 8080 Hotel Del Coronado
Sec. A Sat. Nov. 4 8am-5pm
Course fee \$39 / Members course fee \$34
At the door: \$49

A limited number of tables are available for purchase. Call Deb at (619) 544-9700.

Infomercials — Formula for Success

Infomercials are those half-hour TV segments that look like TV shows, but are actually selling products. Just last year, commercials grossed over \$900 million!

Terry Finn is the president of In-Finn Productions, one of the leading infomercial companies in the country.

In-Finn TV has produced a number of successful infomercials, including *The Sony Minidisk Recorder*, *The Smart Chopper*, *The Xanadu Chair*, and *Norwalk's Presence Satellite*.

infomercial industry.

He'll show you how to:

- Rate your product
- Find a producer
- Spot trends
- Buy media time
- Make money in this exciting industry, even without a product
- Finance your own infomercial
- All you need to get started
- And more!

Course 575 Hotel Circle
Sec. I Mon. Oct. 30 6:30-9:30pm
Sec. II Mon. Jan. 29 6:30-9:30pm
Course fee \$39 / Members course fee \$29

How to Become a Part-Time Travel Agent

Do you love to travel? Dream of far-off exotic places? Wonder what it would be like to work in an industry that places the world at your fingertips? If so, then you are a prime candidate to be a part-time travel agent.

In this illuminating class, you'll learn everything you need to know about:

- Types of travel products to sell and the value of niche marketing
- Evaluating local travel agencies for possible affiliation
- Negotiating commissions
- California Travel Promoter Law
- Establishing cruise and tour groups
- Airline, cruise, tour and hotel discounts for part-time travel agents
- Job placement with a local agency
- The major trends in travel today, and how to chart a course for maximum profits.

There will also be information about landing a job in this growing field, and how to get the training you'll need — including which schools offer free or inexpensive programs.

Nancy Chapple is the president and founder of *Travel University International*, an ACSI- and STA-accredited vocational travel school with campuses in Honolulu and San Diego. She has founded three travel agencies, is a published author and has appeared as Channel 10's "Travel Expert" for Inside San Diego.

Course 576A Sat. Dec. 2 10am-1pm
Sec. A Sat. Dec. 12 10am-1pm
Sec. B Sat. Feb. 10 10am-1pm
Course fee \$59 / Members course fee \$49

How to Repair Your Credit

Have you been turned down because of a bad credit report? Most people have. If you want to know what you can do about it, this class is for you. You'll learn how to safeguard your credit, how to report and never be intimidated by the system's bureaucracy ever again! Topics include:

- How to get and understand your credit reports
- How and where to file complaints
- How to legally challenge erroneous information
- Dealing with deceptive and negligent credit reporting
- How and when to involve attorneys
- Fair Credit Reporting Act • California Civil Code • Consumer Protection Act • And more!

Who should attend: Anyone who's

A Dynamic Communication Skill for the '90s: Neuro-Linguistics

During this action-packed, hands-on seminar, you'll learn the fascinating art and science of Neuro-Linguistic Programming (NLP). Through discussion and role-playing, you'll learn how to:

- Develop rapport with ANYONE!
- Change your mood instantly
- Communicate effectively with others, even if they seem different from you
- Psych yourself up for life's challenges
- Boost your self-confidence
- This course is a MUST for business people, salespeople, therapists, lawyers and anyone who wants to learn how to master every situation, at home or on the job.

Materials fee \$2.

Gary Rodriguez is a Master Practitioner of NLP, a national seminar leader, and the owner and founder of *The Neuro-Linguistic Training Center* of San Diego.

Course 256 Sun. Oct. 22 10am-1pm
Sec. 0 Sun. Dec. 17 10am-1pm
Sec. 1 Sun. Jan. 14 10am-1pm
Course fee \$39

Advanced NLP Communication and Behavioral Change

Through demonstrations, exercises and role-playing, you'll learn advanced techniques for communicating effectively with yourself and others. Your relationships will improve at home, on the job, with your friends — even with yourself. Materials fee \$2.

Gary Rodriguez — see his course #256

Course 256A Sun. Oct. 22 10am-1pm
Sec. 0 Sun. Dec. 17 10am-1pm
Sec. 1 Sun. Jan. 14 10am-1pm
Course fee \$39

SIGN UP FOR BOTH 256 AND 256A AND PAY ONLY \$69 / MEMBERS COURSE FEE \$59

How to Get What You Want Through Goal-Setting

Do you often feel stuck — as if you're spinning your wheels instead of going forward with your life? Are you so busy helping others reach their goals that you don't have time to make your own dreams come true? Come learn how to get focused on your goals with author and motivational speaker **Lee Silber**. He's become so successful at helping individuals and corporations achieve their goals that he's now referred to as "The Goal Man." Join Lee for an informative, humorous evening, as he tells you how to reach peak levels of performance — in any goals faster and easier than you ever thought possible. By the end of the class you will:

- (1) Define 4 main goals for the year
- (2) Create a step-by-step plan of action for each goal
- (3) Learn techniques to stay focused and fired up all year. Plus, you'll write a mission statement for your future.

Materials fee \$3.

Lee Silber is the author of four books, including *Aim First! Get Focused*, *Fired Up* and *Follow Through on Your Goals*. He is the founder of *THE SUCCESSSHOP* and *Goal Stars*, and is listed in the *Who's Who* Directory of Business Leaders.

Course 245 Thu. Oct. 26 6:30-8:30pm
Sec. 0 Thu. Jan. 18 6:30-8:30pm
Course fee \$39 / Members course fee \$29

How to Get All the Free Publicity You Want

Ever wonder why the other guy gets all the good publicity instead of you? Would you like to know how you can get your message out without spending a fortune? In our exactly how to get the publicity you need for your organization, product or service. You'll learn:

- 10 creative ideas for free public writing press releases — and how to avoid the decision-makers are — and how to pitch your idea to them
- The biggest mistakes people make in them
- What events and ideas will generate media coverage
- Who's who in media, who the decision-makers are — and how to pitch your idea to them
- The 7 most important things to do before you pitch your ideas
- This workshop is for anyone who wants more or better media coverage. Bring all your ideas to class.

Veronica McQuillen has over 14 years' experience in broadcasting and news, as the creator, producer and anchor of award-winning *Health and Fitness* specials in New York.

Course 330 Tue. Nov. 14 6:30-8:30pm
Sec. 0 Tue. Jan. 14 6:30-8:30pm
Course fee \$39 / Members course fee \$29

The World's Fastest Reader (He's in the Guinness Book of Records) Will Have You Reading the Sunday Paper in Just 45 Minutes!

Guarantee: You'll increase speed and comprehension by 100%. **Howard Stephen Berg** is listed in the *Guinness Book of Records* as the World's Fastest Reader. He'll show you how to succeed in today's information-packed world — and how to dramatically boost your productivity! Unlike other speedreading programs, which teach short-lived speedreading skills and superficial understanding, this class is the complete accelerated learning system of the "SOS." In just one session, you'll double to quadruple your reading speed, giving you:

- Increased comprehension, retention and recall of even the most technical materials
- A sharp competitive edge in your information-laden work place
- Keen focus and concentration under high pressure
- You'll learn how to:
- Read both fiction and non-fiction quickly
- Memorize and learn difficult material with minimal effort
- Study more effectively in less time
- Focus and concentrate your mind
- Prepare for meetings and exams
- And more!

Materials fee \$5. Please bring a non-fiction book to class.

Course 363 Sun. Oct. 22 10am-1pm
Sec. 0 Sun. Dec. 17 10am-1pm
Course fee \$79 / Members course fee \$69

How to Start (or Get a Job in) a Greeting Card Business

You have some great ideas, or have been hand-drafting cards for yourself and friends. Why not turn this into a profitable business? Greeting cards are a \$1-billion-a-year industry, and customers are always looking for something new and different. Learn who buys cards, why and for what occasions. What are the current trends and what dictates new ones? Learn about copyrights, dealing with reps, trade shows, creating a line, filling your orders and more. You will also learn some important tips on producing your cards. In addition, find out how to sell your concepts to other card companies and who will buy them. Bring your ideas or designs to class and your instructor will critique them for you. Optional materials fee \$11.

Gordon Briles and his wife started *Kiddie Kards* in 1979 by creating custom- and retail-level greeting cards. He has handled all facets of card design, production and marketing.

Course 365 Sat. Dec. 2 9:30am-4:30pm
Sec. 0 Sat. Feb. 3 9:30am-4:30pm
Course fee \$59 / Members course fee \$49

How to Develop, Promote, Market & Sell Any Seminar or Workshop Full- or Part-Time

Time magazine says a successfully promoted seminar has the potential to make up to \$150,000 a year. Learn how to profit from promoting and conducting your own seminar or workshop — or hire others to conduct seminars you promote and manage. Learn how to use seminars to successfully sell any service or product. The seminar business has a huge profit potential and a very low capital investment.

What you will learn:

- How to choose topics that sell
- What makes a strong seminar
- How to simply package your experience, know-how or ideas into money-making workshops or seminars
- How to design an effective marketing plan that fills seats
- 10 tips on how to "present" your program for optimum personal impact
- And more.

Who should attend?

- Sales professionals
- Managers
- Trainers
- Lawyers
- Teachers
- Entrepreneurs
- CEOs
- Accountants
- Consultants
- Medical professionals
- Authors
- Real estate professionals
- Etc.

Materials fee \$5.

Carol Sugin Gold is president of her own international management consulting firm, with clients such as AT&T, Dow, GM and Mobil. She has been featured in the *Wall Street Journal* and *USA Today*, and is a frequent guest on CNN. She also hosts a radio show and has written many books including the award-winning *Solid Gold Customer Relations*.

Course 366 Mon. Nov. 6 6:30-8:30pm
Sec. 0 Mon. Dec. 4 6:30-8:30pm
Sec. 1 Tue. Jan. 18 6:30-8:30pm
Course fee \$49 / Members course fee \$39

How to Win Lotteries, Sweepstakes & Contests — Guaranteed!

In this fun, informative class, **Steve Ledoux**, "America's Sweepstakes King," will reveal the secrets that have enabled him to win thousands and thousands of dollars in cash and prizes. He'll show you:

- How to increase your chances of becoming a winner
- Strategies for choosing lottery numbers
- Where to find out about lotteries, sweepstakes and contests taking place nationwide
- How to choose the right lotteries, sweepstakes and contests to enter
- And how to know if they're on the level
- Tips on auditioning for game shows
- What to expect after you've won your fortune — from deal-

Survival Skills for New Supervisors How to Make the Transition from Employee to Manager

You've been promoted to a managerial or supervisory position. moved to a new office and gained a well-earned salary increase. Now what?

Supervisors often enter a world full of tension, demands, multiple new duties and responsibilities, with little or no support or information on how to manage. In this hands-on workshop, you'll learn how to survive — and thrive — in today's business jungle, and gain skills to make you a superior manager.

Topics include:

- How to make the transition from employee to manager
- How to communicate clearly and effectively
- How to understand the challenges and concerns of your employees
- Team-building
- Effective methods for correcting an employee's performance
- How to show appreciation
- And more.

You'll also find out how to powerfully project yourself as a manager — in any situation. Materials fee \$5.

Ron McCray is a manager, consultant and business coach with over 30 years' experience who has worked with companies like IBM, Coopers & Lybrand, Humana and SAIC. He is also the author of *The First Manager*, a fable about a caveman who invents management.

Course 578A Sat. Jan. 13 10am-1pm
Course fee \$39 / Members course fee \$29

How to Win Lotteries, Sweepstakes & Contests — Guaranteed!

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- How to choose the right lotteries, sweepstakes and contests to enter
- And how to know if they're on the level
- Tips on auditioning for game shows
- What to expect after you've won your fortune — from deal-

Steve Ledoux, the author of *How to Win Lotteries, Sweepstakes, and Contests*, has appeared on numerous game shows, including *Match Game*, and has won thousands of dollars in cash and prizes.

Course 100 Sat. Oct. 21 1-4pm
Sec. 0 Sat. Jan. 13 1-4pm
Course fee \$39 / Members course fee \$29

Start a Home-Based Medical-Billing Business

Full- or Part-Time

Small home-based medical businesses earn \$75,000 to \$150,000 per year. Physicians must bill claims electronically if they expect to be paid by Medicare. Most medical practices receive more than 80% of their income from insurance companies; the rest is derived from patient billing. So billing/consulting services are big business. Learn: • How to obtain hardware and software inexpensively • Marketing strategies • Other services offered • How to get paid for your services • Introduction to insurance verification • Patient information

Joanne Mitchell is the owner of Mitchell Medical Billing, a successful medical-billing/consulting business. She has trained hundreds of people across the nation in starting their own medical-billing businesses.

Course 321 Hotel Circle
Sec. B Wed. Nov. 5 6:30-9:30pm
Sec. C Wed. Jan. 24 6:30-9:30pm
Course fee \$49 / Members course fee \$39

All-Day Medical-Billing Workshop

This fast-paced, fact-filled workshop will show you how to become a part of the fastest growing home business of the '90s. You'll learn everything you need to know to set up your own medical-billing business service, including how to: • Develop and write a business plan • Identify your market • Organize your operation • Set up client accounts • Process paper and electronic claims • Prepare a winning sales presentation • Overcome objections • Close the sale • Other services to

offer. You'll also learn the terminology of reimbursement, CPT and ICD-9 coding and which software is best for you. **Prerequisite:** Course #321 or prior medical billing experience. Optional materials fee \$10.

Joanne Mitchell — see bio course #321

Course 324 Hotel Circle
Sec. Y Sat. Nov. 11 9am-5pm
Sec. W Sat. Jan. 27 9am-5pm
Course fee \$79 / Members course fee \$69

TAKE BOTH 321 & 324 FOR \$109 / MEMBERS COURSE FEE \$94

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Learn How to Become a Medical Transcriptionist

Demand for medical transcriptionists is soaring. If you want to choose your own hours, have a business at home, find employment easily and make a living on your own, this class will get you started.

Topics include:

- Job opportunities and requirements
- Professional organizations and networking
- Finding low-cost training centers
- Basic terminology
- Medications and drugs
- Formats and documents
- Equipment needed
- Legal considerations

Linda Langston is a medical transcriptionist with 25 years' experience. She is past president of the San Diego chapter of AAMT and first alternate delegate of CAMT. **Pat Bowen, CMT**, has been a practicing medical transcriptionist for 35 years. She is president of the San Diego chapter of AAMT and was named AAMT Educator of the Year (1994).

Course 326 Hotel Circle
Sec. T Wed. Nov. 5 6:30-9:30pm
Sec. U Wed. Jan. 10 6:30-9:30pm
Course fee \$39 / Members course fee \$29

How to Increase Your Profits Using Direct Marketing For Entrepreneurs and Business Owners

Do you want to reach as many people as possible with information regarding your product or service? Then direct response marketing is just the tool for you. This seminar will teach you how to expand your company's future.

Topics include: • Taking your idea or product to the marketplace • Advertising strategies, formulas and analysis tips • Informatics • Direct mail • Using 800 & 900 numbers to promote a product • Setting up your own direct response company • How to identify your audience or marketplace.

Charles De Natale owns and operates a direct response advertising agency, 4-Star Media and Marketing. An experienced direct marketer, he has over 20 years in the direct response marketing field.

Course 322 Hotel Circle
Sec. B Wed. Nov. 1 6:30-9:30pm
Sec. C Wed. Dec. 5 6:30-9:30pm
Sec. D Thu. Jan. 11 6:30-9:30pm
Course fee \$39 / Members course fee \$29

How to Be an Image Consultant or Personal Shopper

Do you want to learn how to parlay your fashion, shopping and people skills into a fun, lucrative career? This informative class will show you how. You'll get tips on getting started, find out how to enhance your skills and learn: • How to find clients • How to make your clients feel comfortable and confident • How to define clients' image goals — and help them get the most out of their wardrobes • How to work with stores and designers • How to be a successful personal shopper • The ins and outs of cosmetics, hairstyles and grooming products • How to set up shop in your home • How to market yourself • And more! Remember, personal image says more about a person than a thousand well-chosen words! Come find out how to help people look their best... and get on your way to a successful new career!

Beth Thorp is a leading image and wardrobe consultant with many years experience. She is currently a fashion consultant, executive and as an adventurous solo traveler, she is the owner of Go Global Programs, a company designed to help Americans gain international experience.

Course 339 Hotel Circle
Sec. B Thu. Nov. 9 6:30-9:30pm
Sec. C Wed. Dec. 6 6:30-9:30pm
Course fee \$39 / Members course fee \$29

Start a Specialty Travel & Tour Business

Adventure travel is one of the fastest-growing segments of the booming travel and tour industry! More and more people are choosing off-the-beaten-path destinations or active vacations centered around activities like skiing, hiking or kayaking. This lively, informative class will tell you how you can start your own specialty travel and tour business — and how to qualify for free or low-cost travel perks.

Topics include: • An overview of the many different sides of the travel industry • Full- and part-time employment opportunities • The realities of life as a tour operator • Skills and training you'll need • How to be eligible for free or low-cost travel • How to get started • And more!

Mark Anderson is the owner of Adventure Vacations, Inc. He has been involved in the travel and tourist industry over 15 years and has traveled to over 35 countries.

Course 317 Hotel Circle
Sec. B Wed. Nov. 1 6:30-9:30pm
Sec. C Wed. Dec. 5 6:30-9:30pm
Sec. D Wed. Jan. 24 6:30-9:30pm
Course fee \$39 / Members course fee \$29

How to Make \$\$ Traveling 100 Ways to Work Your Way Around the World!

Is travel your dream? Do you need more money to make this dream come true? There are hundreds of ways to pay for your travel by working as you go! In this informative class, you'll learn about the many opportunities to actually make money while traveling, how you can "book" temporary jobs in advance or find them on location, how importing goods can pay for your vacation and much more! Plus, tips on landing international jobs with the U.S. government and corporations doing business overseas.

Gina Henry has traveled to over 60 countries through student programs, as an executive and as an adventurous solo traveler. She is the owner of Go Global Programs, a company designed to help Americans gain international experience.

Course 316 Hotel Circle
Sec. A Sat. Nov. 4 10am-1pm
Course fee \$39 / Members course fee \$29

Start Your Own Import/Export Business (Full- or Part-time)

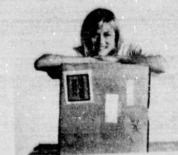
Francs, yen, pounds, baht, marks, piasters, lire, krona, drachma, rupees, pesos — any way you count it, it's all MONEY in import/export.

In this course, you'll learn how to:

- Select product lines
- Locate distributors and sales reps
- Organize a nationwide distribution network
- Prepare a business plan
- Arrange international transportation and insurance
- Prepare simple agreements
- Coping with "quotas"
- Speed your imports through customs
- Adapt products and prices to target market conditions
- Discover how barter and countertrade can boost your sales, and much more.

As an agent you'll be the King or Queen of commerce.

If you know what to do, it doesn't matter where you live or what your full-time job is. You CAN handle it!



This course is more relevant than ever, as so many countries are opening up to commerce.

Materials fee \$3.

Bernard R. Weiss, founder of Business Development International, has over 25 years of multi-industry international operations, finance and planning experience.

Course 357 Hotel Circle
Sec. B Wed. Dec. 6 6:30-9:30pm
Sec. C Wed. Jan. 17 6:30-9:30pm
Course fee \$79 / Members course fee \$69

How to Open a Bed & Breakfast Inn

The '90s is the age of the entrepreneur, and bed and breakfast inns are among the most popular small businesses. Innkeeping is an entrepreneurial dream business that many are choosing to make a reality — and a success.

In this special seminar, you'll find out how to begin and succeed in the business. You'll be shown how to prepare for innkeeping and achieve your goal as a small business owner.

You'll learn how to: • Find the right location • Evaluate the inn's worth • Minimize expenses and avoid costly mistakes • Attract guests and make sure they keep coming back.

You'll also learn about the laws that govern the industry. Find out how you can launch and maintain a beautiful, profitable bed and breakfast inn!

Nancy Helms is the owner of Heritage Park Bed & Breakfast Inn, San Diego's largest B&B. She has over 10 years' experience in the hospitality industry and is currently on the board of the California Association of Bed & Breakfast Inns.

Course 387 Hotel Circle
Sec. C Thu. Nov. 16 6:30-9:30pm
Sec. D Thu. Jan. 25 6:30-9:30pm
Course fee \$39 / Members course fee \$29

How to Open a Juice Bar

Cash In on the Latest Craze

The word is out — Americans are looking for low cost, healthful eating and the newest rage are health bars featuring fresh juices, and herbal and vitamin drinks. Entrepreneurs just starting their own juice bars are experiencing 150% higher sales than their original projections!

Learn: • Where to get equipment and the freshest ingredients • How to create and mix vitamin rich juices and smoothies • Advertising, marketing and publicity tips • Ways to expand, such as vitamins and home juicing equipment sales • How to avoid pitfalls and run a profitable operation.

The days of heavy, calorie-filled lunches are over. Cash in on today's fastest growing consumer market and save \$10,000 in consulting fees by taking this course!

James Phipps is the owner of The Sporting Club Juice Bar. He has been in the fitness business for over 15 years and has found the juice bar to be the most profitable and fun of all his ventures.

Course 392 Hotel Circle
Sec. J Tue. Jan. 21 6:30-9:30pm
Sec. K Tue. Jan. 16 6:30-9:30pm
Course fee \$39 / Members course fee \$29

The Ideal Entrepreneurial Business For You

Get Expert Advice on the Best Home-Based & Part-Time Business Ventures

When getting ready to plunge into that new entrepreneurial venture, you can never have too much information. For example, which are the best entrepreneurial businesses to go into today — and which ones should you pass up?

Get down-to-earth, real-life money-making advice from someone who's been there. With close to 40 years on the entrepreneurial frontlines, noted business appraiser and author Glenn Desmond will show you what factors make for success.

He will tell you • The crucial role of location • Which enterprises are the riskiest & which are relatively risk-free • Businesses that can be started at home, part-time or for less than \$10,000 • Small business conditions in terms of demand, financing and recent sales • And much more.

In this invaluable and provocative evening, Glenn will give you solid, professional tips on choosing the most appropriate fit for your individual needs.

Glenn Desmond is a business consultant, lecturer and the founder of several companies. He is the author of several books including *The Ideal Entrepreneurial Business For You*.

Course 542
Sec. A Mon. Jan. 15 6:30-8:30pm
Course fee \$39 / Members course fee \$29

How to Become a Consultant

Everything You Need to Know to Start Your Own Successful Practice

If you're dreamed of escaping the day-end-dog world of corporate bureaucracy to venture out on your own as a consultant, this is the class for you! You'll get loads of practical tips and how-tos for starting up your own consulting business, and find out exactly what you need to know to start a new career as a consultant — immediately.

You'll learn • Which consulting services are in demand • How to evaluate your skills and aptitude to be a consultant • How to find clients • How to market your services • How to set fees • How to make sure you get paid • How to organize your business • Presentation skills • And more. As a consultant, you can control your time, income, career direction and freedom. No matter what industry you work in, this class will give you a head-start to success and financial independence!

Marsha Lewin is president of her own consulting firm, specializing in project management and information systems implementation for over 25 years. She is the first woman fellow of the Institute of Management Consultants and author of *The Overnight Consultant*. Her company has been named in the top 100 management consulting firms in the U.S.

Course 555
Sec. A Sat. Jan. 27 10am-1pm
Course fee \$59 / Members course fee \$49

How to Raise All the \$\$\$ You Need to Start Your Business in 90 Days... or Less!

Do you want to start your own business, be in control of your future and teach financial independence — but don't know where or how to get the money to get off the ground? In this practical, inspiring seminar, you'll discover the secrets of raising money — and how to collect all you need in 90 days or less! You'll get tried-and-true money-raising tips and techniques, and learn • Why you need money to succeed • How to figure out how much you'll need • How to define and target your ideal investor • When and how to ask for money • How to develop a business plan that excites investors • What to do with the money after you've got it • And more! If you have a burning desire to start, expand or purchase a business and money is your

obstacle, you owe it to yourself to take this class! Your instructor has personally raised millions of dollars for his own companies and clients, and can show you how to do the same! Materials fee \$5.

Rob Brehm, M.B.A., is the president of Specialty Financing International, Inc., which provides corporate financial advisory services to new and existing businesses and teaches entrepreneurs how to successfully raise money.

Course 599A
Sec. A Wed. Nov. 8 6:30-8:30pm
Sec. B Wed. Dec. 6 6:30-8:30pm
Sec. C Wed. Jan. 19 6:30-8:30pm
Course fee \$39 / Members course fee \$29

Legal Clinic for Small Businesses

Issue of how to organize or run your business without running up against government regulations? Worried about misclassifying employees as independent contractors? Want to avoid common pitfalls associated with entering into contracts and leases? In this money-saving workshop, you'll learn to understand key legal issues in confidence. You'll also learn • Which type of business best suits your present needs • Whether to classify your workers as employees or independent contractors • How to enter into economically sound contracts and leases — and how to avoid the common pitfalls of each • How to protect your trade secrets and intellectual property. Plus, you'll get an entrepreneur's assessment questionnaire and have the opportunity to discuss your particular business-related legal problems with a practicing attorney.

Lynn Ann Prusier is an attorney, partner and small-business owner of the law firm of Lynn Ann Prusier & People in San Diego. She is author of the recently published book, *The Small Business Legal Guide*, endorsed by Ken Biondini, co-author of *The One Minute Manager*.

Course 526
Sec. A Wed. Nov. 1 6:30-8:30pm
Course fee \$39 / Members course fee \$29

Patents, Copyrights and Trademarks

Do you have an idea, story or poem you'd like to copyright, or a product you'd like to trademark? Before you disclose it, you must protect it. This course will introduce entrepreneurs, authors and inventors to the basics of intellectual property law to protect against unscrupulous competitors. Learn the legal protection provided by trade secrets, service marks, trademarks, trade names, copyrights and patents, plus how to file a disclosure document with the patent office. Examples of their proper use will be presented. Course materials include various do-it-yourself forms and where to find useful literature. Bring your notebook and enthusiasm and leave with an action plan to turn your ideas into more than just dreams. Materials fee \$5.

James E. Cleverley, J.D., is an attorney and law professor specializing in intellectual property for nearly 20 years. He handles both litigation and transactional matters, including trademark and copyright applications, licenses and assignments.

Course 576
Sec. A Thu. Oct. 26 6:30-8:30pm
Sec. B Wed. Dec. 29 6:30-8:30pm
Sec. C Thu. Jan. 19 6:30-8:30pm
Course fee \$39 / Members course fee \$29

Get Out of Debt!

How to Stay Debt-Free for the Rest of Your Life!

Over \$1 million will pass through your hands during your lifetime, even if you're not a high income earner — yet few will retire with enough to live on comfortably. Why? Because we are taught how to earn a living, not to live within our means. This course is not a "get-rich" program, but a revolutionary system to help you eliminate your debt and start a consistent savings plan. Topics include • Building blocks for your future • Basic budgeting • Sound investment rules • Goals — short, intermediate and long-term • You'll walk away from this class with the ability to take control of your own personal financial matters — from creating a budget to paying off current debts to reducing future debts. Living debt-free is possible. This class will show you how!

William J. Holzhauer is licensed by N.A.S.D. Securities Dealers and the State of California Insurance Dept., and is a member of the Sharp Health-care Family of Financial Advisors and the International Assn. of Financial Planners.

Course 583
Sec. B Wed. Oct. 25 6:30-8:30pm
Sec. C Tue. Nov. 29 6:30-8:30pm
Sec. D Mon. Jan. 8 6:30-8:30pm
Course fee \$39 / Members course fee \$29

How to Have Zero Taxes Deducted from Your Paycheck

A Legal Way to Save Taxes

Is almost half your paycheck eaten up by taxes? Why? If you have a sideline business, or would like to start one, you're eligible to have little or no taxes taken from your pay. Most people following this strategy have been able to increase their monthly take-home pay. Come learn why having a sideline business is an economic necessity how to start a business on a shoestring, commonly overlooked deductions, and how to use your new monthly cash flow to build the business of your dreams. Whether you choose to sell beauty or health-care products, manufacture or consult — just as the business ideas are endless — so are the tax-minimizing your disposable income while minimizing your taxes!

K. Aparna Kohli is a registered tax preparer who is enrolled to practice before the IRS. She has owned and operated her own home-based tax and accounting business since 1988, and is familiar with all aspects of taxation.

Course 555A
Sec. W Wed. Nov. 15 6:30-8:30pm
Sec. X Wed. Dec. 13 6:30-8:30pm
Course fee \$39 / Members course fee \$29

Start an Investment Club For Fun and Profit

If you have always wanted to improve your personal financial picture, as well as explore the world of investments, why not start an investment club?

An investment club is a group that meets regularly to boost confidence and reinforce members' decision-making in the challenging world of per and financial planning. Plus, it's a great way to meet people and have fun!

In this class, you'll learn how to start an investment club to develop the necessary confidence and tools for managing significant amounts of money — in the securities markets and in all financial matters. You'll also learn how to:

- Manage large amounts of money without depending solely on an accountant, lawyer or family member
- Analyze the best insurance policies for you
- Ask the right questions and do the right research
- Start an estate plan and build for your retirement
- Structure a club for maximum effectiveness
- And much more.

Martyn Crockett is first vice president of investments at Faine Weber in New York City. She also conducts accredited seminars for Big Ten accounting firms, has been interviewed on CNN's *Moneyline* and profiled in numerous magazines and newspapers.

Course 585
Sec. A Mon. Nov. 6 6:30-8:30pm
Course fee \$29 / Members course fee \$24

Earn a College Degree from Scratch... In as Little as 4 Months!

You complete an entire accredited bachelor's degree without taking a class or ever setting foot within university walls. Many people have already earned a college degree — and don't even know it!

Learn how to:

- Earn 30 semester units in a single 3-hour exam
- Earn 120 units of credit for \$250
- Earn credit for hobbies, military experience or foreign languages
- Get credit for every class, conference, seminar or training you've ever taken
- Graduate without ever taking a math course or exam

Plus, get the world's best advice for parents putting children through college. You'll discover every legal shortcut to receiving a legitimate bachelor's degree. No course will ever save you more time and money on the road to receiving your dreamed-of diploma.

Course 362
Sec. W Sun. Oct. 22 11am-2pm
Sec. X Sat. Nov. 18 11am-2pm
Sec. Y Tue. Dec. 19 6:30-8:30pm
Tue. Jan. 16 6:30-8:30pm
Course fee \$49 / Members course fee \$39

Earn a College Degree from Scratch...

In as Little as 4 Months!

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Learn how to:

- Earn 30 semester units in a single 3-hour exam
- Earn 120 units of credit for \$250
- Earn credit for hobbies, military experience or foreign languages
- Get credit for every class, conference, seminar or training you've ever taken
- Graduate without ever taking a math course or exam

Plus, get the world's best advice for parents putting children through college. You'll discover every legal shortcut to receiving a legitimate bachelor's degree. No course will ever save you more time and money on the road to receiving your dreamed-of diploma.

Course 362
Sec. W Sun. Oct. 22 11am-2pm
Sec. X Sat. Nov. 18 11am-2pm
Sec. Y Tue. Dec. 19 6:30-8:30pm
Tue. Jan. 16 6:30-8:30pm
Course fee \$49 / Members course fee \$39

Earn Master's or Doctorate Degrees... Even Without Going to College!

In this exciting and rewarding class, you'll learn how you can receive an M.B.A. for life experience in only two months... or a Ph.D. or D.Litt. in only four months! Discover secrets of law degrees by mail, plus how to practice without passing the bar. You'll find out how to create your own degree in any field, hear secret shortcuts and learn about accredited schools that do not require prior degrees to enter their master's or doctorate programs. You'll also learn how to:

- Reduce 3/4 of your graduate course load
- Spot a phony school
- Profit from even unaccredited graduate degrees
- Test as a professor around the world
- Get recognition for your ideas and enjoy the elevated social status you deserve

Remember: The average Ph.D. makes an extra million dollars in a lifetime. Find out how you can reap big financial rewards!

Allen and Elie DeWetter are the co-authors. Earn a World Master's or Doctorate Degree in as little as four months! Allen received a fully accredited bachelor's degree from the University of NY without taking classes, correspondence courses or tests. Elie was required to take only two three-hour tests to get her B.A.

Course 362B
Sec. A Mon. Nov. 20 6:30-8:30pm
Sec. B Thu. Dec. 14 6:30-8:30pm
Sec. C Sun. Jan. 7 1-4pm
Course fee \$49 / Members course fee \$39

For Men & Women

How to Make Anybody Fall in Love with You

with Bestselling Author

LEIL LOWMIDES

W by can I find love? How many times have you asked your self this frustrating question? Romantic love is baffling, that's half the fun! But new research reveals precisely what it is that makes people fall in love. Leil Lowmides, author of the forthcoming book, *How to Make Anybody Fall in Love with You*, will share the latest scientific findings and unique, surefire techniques that will make any man or woman fall in love with you!

Discover... • How to let your body do the talking when you meet an attractive person • What creates infatuation and bonding • How to know if he or she is interested in you • How to avoid common mistakes that are fatal to early love • How to understand your psychological and physical "love maps" • How to conduct an "interview" to find out what your lover really wants • 2 phrases you must never say to your partner in bed • And much more. Get right to the heart of anyone you desire in this fun, romantic class!

Leil Lowmides is the author of three books, including the bestselling *How to Talk to Anybody About Anything*, and her articles have appeared in *Psychology Today*, *New Woman*, *Penthouse*, *Redbook*, and many others. She is a member of the American Society of Sex Educators, Counselors and Therapists.

Course 9549 Hotel Circle Sec. A Tue. Dec. 12 6:30-8:30pm Course fee \$29 / Members course fee \$24

Tantra

Experience deeper levels of love, intimacy and sexual ecstasy than you ever have before using simple, yet powerful techniques borrowed from the East. You'll learn easy ways to intensify sexual pleasure, either alone or with a partner, and using Tantra and Taoist techniques, you'll discover ways to experience raptures of sexual rapture and orgasm, methods for experiencing "spiritual sex" and energetic ways to bond with your partner in daily life, and much more! Although this class is experiential, you do not need a partner, and no sexual touching takes place. Materials fee \$2.

Course 352 Hotel Circle Sec. A Sat. Nov. 4 1-4pm Course fee \$49 / Couples fee \$59 Members course fee \$29 / Couples fee \$59

"Getting to Meet You" Party (\$19)

I don't have to take 10 years to meet your perfect match! At the "Getting to Meet You" Party, you will have the opportunity to meet your match in just three hours. You'll be able to find him or her through a series of icebreakers and small group discussions. Throughout the evening you will find yourself laughing and having a wonderful time sharing your values and interests with a great number of like-minded people. At this fun event you won't have to ask anyone out, or get any one's phone number! You won't have to worry about having to say "no" or trying to get away from someone you don't like. All you have to do is tell your instructor who you like. Then she'll give them your personal profile to take home. You'll only get calls and/or notes from people that you've met, that you liked and that liked you back! We will be contacting you after you register to create a personal profile just for you. Materials fee \$5.

Victoria Ross, your matchmaker, is the owner of *Captured Hearts*, a San Diego-based special-event planning company. She also has served as a contract coordinator for *For Men & Women*.

Course 921 Hotel Circle Sec. W Fri. Nov. 17 7-10pm Course fee \$19 / Bring a friend fee \$16

Missile Bay 7-10pm

Course fee \$19 / Bring a friend fee \$16

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More Time for Sex™

How to Create Time & Space for Romance & Leisure

H ave you and your mate begun using your bed-room more for sleeping and storage than for sex and snuggling? Today, many busy couples have little time or energy left for fun and romance at the end of each long day. But take heart! In this humorous yet practical workshop, author and organizer expert Harriet Schochter offers realistic solutions to the most time-consuming and energy-draining challenges all couples face. She'll show you how to: • Say "no" to others so you can say "yes" to each other more often • Run your household so there's enough time for candlelight dinners and pillow talk • Make the most of your living and dining space • Simplify and declutter your lives and your home so you'll feel more like marinating than nagging • And more!

Harriet Schochter is the co-author of *More Time for Sex: The Organizing Guide for Busy Couples*. She owns and operates *The Miracle Worker*, Organizing Service in San Diego.

Course 968 Hotel Circle Sec. A Wed. Dec. 13 6:30-8:30pm Course fee \$29 / Members course fee \$24

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Be the Best Lover Your Woman Ever Had

Drive Her Wild in Bed!

What can a call girl teach you about what turns women on and drives them wild in bed? Former cop turned call girl Norma Jean Almodovar can teach you plenty — including the erotic techniques and practical information she's taught her clients to use with their wives and girlfriends. In this hot seminar, Norma Jean will tell you everything you need to know — and every thing women with men know — to make all your sexual encounters passionate and unforgettable. You'll learn: • How and when to get her to talk about sex • How to give a truly erotic massage — and get one in return! • How to tell if she's taking it • How to achieve ecstatic orgasms time after time • And more! Norma Jean has absolutely no inhibitions. She'll talk very candidly about all aspects of sex — and answer all your questions. Sign up soon; seating is limited.

Norma Jean Almodovar is the author of *Call Girl*. She's currently working on *Call Girl Guide to Fantasy Sex*, a series of instructional videos and interactive CDs.

Course 967 Hotel Circle Sec. A Fri. Dec. 9 7-10pm Course fee \$29 / Members course fee \$29

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Learn a Spiritual Way to Solve Relationship Issues

Deepen and Intensify Your Connection to Yourself and Others

M agnificent changes can spiritual when you approach relationship issues with spiritual qualities. You'll learn: • How to give a truly erotic massage — and get one in return! • How to tell if she's taking it • How to achieve ecstatic orgasms time after time • And more! Norma Jean has absolutely no inhibitions. She'll talk very candidly about all aspects of sex — and answer all your questions. Sign up soon; seating is limited.

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The Art of Courtship & Seduction

with Radio Host

DR. ROMANCE

W ould you like to start dating desirable men or women but don't know where to go or what to say? Would you rather go home kicking yourself than run the risk of rejection? If so, then this class is for you!

Nancy Fagan, a.k.a. Dr. Romance, is the host of a popular weekly radio show on KIEV in L.A. In this seminar, she'll help you get a leg up on the competition by getting almost anyone you desire.

You'll learn: • How to approach an attractive man or woman • How to send out the right signals • Flirting and body language skills • How to recognize and avoid men and women who spell trouble • How to overcome your fear of rejection, and even the shyness to your advantage • How to dress to attract desirable people • Sparkling conversation skills • Secret places to find desirable dates • How to know if he or she is attracted to you • How to end a date so you'll see them again • And more!

Don't settle for less than the best! You can have a great love life with a wonderful person who appreciates you.

Nancy Fagan has an extensive background in clinical psychology, is a feature writer for several Southern California singles magazines and is the author of *Desirable Men*. How to Find Them.

Course 9551 Hotel Circle Sec. A Thu. Nov. 28 6:30-8:30pm Course fee \$29 / Members course fee \$24

Course fee \$29 / Members course fee \$24

Course fee \$29 / Members course fee \$24

Course fee \$29 / Members course fee \$24

Course fee \$29 / Members course fee \$24

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Course fee \$29 / Members course fee \$24

Course fee \$29 / Members course fee \$24

Course fee \$29 / Members course fee \$24

Floral Design



Do you love fresh flowers but can't always afford the expense of professional arrangements? This course will show you how you can fashion your own floral designs, and how to combine the unlimited colors, shapes, and sizes of domestic and imported flowers.

You will learn how to create different moods and feelings using flowers and floral accents, and how to purchase flowers from local markets. You will also be able to enhance the atmosphere of your home or office. Plus, beautiful floral arrangements make great gifts! You will be taught the thinking, tools and materials of the professionals. You will leave the class with a beautiful floral arrangement of your design! Please bring a vase or container and scissors/shears. Materials fee \$10.

Charles Morgan is a floral designer whose arrangements have appeared in numerous Hollywood films including Chaplin, Postcards from the Edge, Prizzi's Honor and Steel Magnolias, and in TV commercials for Playtex, Red, Champion and American Express. He has been involved with floral design for 15 years.

Course 188	Sat. Nov. 4	10am-12pm	Hotel Circle
Sec. A			
Sec. B	Sat. Nov. 2	10am-12pm	
Course fee \$25 / Members course fee \$24			



Learn the Art of Unique and Unusual Gift Wrapping

The holiday season is here, and that means hours of looking for gifts, buying gifts and wrapping gifts! This year, make your gift boxes look like works of art. With the help of floral designer Charles Morgan, you can create the most delightful — and easy — gift wraps. In this delightful, one-evening class, you'll learn how to work with everything from dried flowers to baskets to pine cones. You'll learn how to work with themes — such as Christmas, Chanukah, birthdays and weddings. Why not let an expert show you how much fun it can be to transform an ordi-

nary gift into an extraordinary work of art? Bring one small or medium gift to be wrapped. Materials fee \$5.

Charles Morgan is a floral designer whose arrangements have appeared in numerous Hollywood films including Chaplin, Postcards from the Edge, Prizzi's Honor and Steel Magnolias, and in TV commercials for Playtex, Red, Champion and American Express. He has been involved with floral design for 15 years.

Course 155	Sat. Nov. 4	1-4pm	Hotel Circle
Sec. A			
Sec. B	Sat. Nov. 2	1-4pm	
Course fee \$25 / Members course fee \$24			

Call (619) 544-9700 to register. See page 36 for registration information.

How to Make Chocolate Truffles



Learn to make the most elegant candy on earth — the chocolate truffle!

The art of hand-dipping confections is fun as well as practical. Truffles expert Marge Jackson will teach you, step-by-step, how to make the highly coveted delights — at a fraction of the usual cost. You'll also learn how to add finishing touches to your truffles, such as milk and dark chocolate coatings, and coatings of cocoa powder and nuts. And finally, as an added treat, you'll learn how to dip delectable fruits.

You will leave with some wonderful hand-dipped chocolate truffles (if you haven't eaten them already!) and the recipes and techniques to create them at home. Materials fee \$8. Please bring an apron and container to class.

Marge Jackson is a culinary professional who has been cake decorating and other techniques. She has been awarded many food service certificates from dressmaker colleges.

Course 750	Sat. Nov. 2	11am-1pm	Hotel Circle
Sec. A			
Sec. B	Sat. Nov. 2	11am-1pm	
Course fee \$24 / Members course fee \$23			

Calligraphy



Beautiful handwriting is not a prerequisite for creating beautiful letters! This course is designed to teach beginners, like you, all you need to know to become skilful at calligraphy.

In just a couple of sessions, you'll be able to delight friends and colleagues with your own cards and envelopes, invitations, posters and gifts. What's more, with today's new calligraphy pens, calligraphy is simple to learn and can be a lucrative, easy source of extra income.

You will leave this class having mastered all the aspects of the italic style — upper and lower case letters, numbers, punctuation, and proper spacing. Come put some style into your handwriting. Materials fee \$3.

Lisabeth Wilson is author of *Decorative Capitals and Alphabet* and is a member of the Los Angeles Society for Calligraphy and San Diego fellow calligraphers.

Course 101	Tue. Jan. 16, 23, 30	6:30-8pm	Hotel Circle
Sec. A			
Course fee \$29 / Members course fee \$28			

Advanced Calligraphy For the Holidays

In this fun, hands-on class, you'll learn simple, step-by-step techniques for creating beautiful holiday cards and fancy monograms for gift giving — or to keep for yourself! Materials fee \$3.

Lisabeth Wilson — see Bio course #101.

Course 191B	Tue. Nov. 7, 14, 21	6:30-8pm	Hotel Circle
Sec. A			
Course fee \$29 / Members course fee \$28			

Do your holiday shopping in 5 minutes! Learning Annex classes make the perfect gift. Call (619) 544-9700 for more information.

Become an Expert Videographer

In this exciting class, you'll discover secrets pros use to shoot great-looking videos! You'll learn an easy, step-by-step approach to get the most out of your camcorder, how to shoot, edit and how to get better lighting and sound every time you use it — from those precious children's birthday parties to weddings and other special events.

You'll learn the basics of solid camera handling, plus the following professional techniques: Proper shot compositions • Field sound recording • In-camera editing • Location troubleshooting • Proper color balancing • Creative pre-shot planning • Proper lighting • And more.

Learn how exciting video storytelling can really be!

Patrick B. Allen is the production manager of Ken Cribbings Video Services, Inc. He has worked throughout the United States for 15 years as a director, editor and videographer, producing hundreds of commercials, pay-per-view programs and instructional videos.

Course 183	Wed. Oct. 25	6:30-8:30pm	Hotel Circle
Sec. C			
Sec. B	Wed. Nov. 29	6:30-8:30pm	
Sec. E	Wed. Jan. 17	6:30-8:30pm	
Course fee \$29 / Members course fee \$24			

How to Take Great Pictures Introduction to 35mm Photography

Do you have a camera, but can't figure it out? Do you want to purchase one, but don't know which one to buy? Do you want to know how to consistently take great pictures?

Learn all this and more in two three-hour sessions with Gene Warneke, editorial and commercial photographer for over a decade. His work has appeared all over the world in magazines like *Travel & Leisure*, *Wired*, *San Diego Home*, *San Diego Lifestyle* and *Discovery*.

We'll teach you all you need to know about cameras, lenses, films, electronic flash, composition and other creative techniques to get you properly focused in any situation.

You don't have to be a whiz with your camera to take amazing photographs for fun and profit. Bring your camera and instruction manual to class, if you have one.

Materials fee \$15.50.

Course 176	Tue. Dec. 5, 12	6:30-8:30pm	Hotel Circle
Sec. B			
Sec. E	Tue. Jan. 9, 16	6:30-8:30pm	
Course fee \$49 / Members course fee \$39			

Drawing on the Right Side of the Brain



This hands-on workshop will teach you how to draw — even if you can't draw a straight line! By tapping into the right, or creative, side of your brain, you can open up a world you may never have known existed.

In this exciting class, you'll discover how to draw by acquiring a new way of seeing. You'll be taught the principles of visual perception, and through demonstrations and exercises in a variety of drawing media, you'll get past your blocks and learn to draw. Manual dexterity is not required; learning to see is all that's necessary. Enroll and find out just how creative you can be!

Please bring a regular #2 pencil, eraser and several sheets of 9" x 12" unlined paper to class.

Arlene Corrozzan is an instructor for the Center for the Educational Application of the Brain Hemisphere Research. She has trained with Dr. Betty Edwards, author of the best-selling book *Drawing on the Right Side of the Brain*, for the past 15 years.

Course 118	Sat. Nov. 18	1-4pm	Hotel Circle
Sec. A			
Course fee \$29 / Members course fee \$28			

Mask Making Tap Your Essential Energetic Power Within!

In this fun class, you'll learn how to design and make your own primal mask, to connect with your creative imagination — and tap into the essential energetic powers you must want to possess.

You'll be inspired by tribal warrior mythology to create a mask that reveals your hidden strengths, talents and dreams.

Your mask will tell the world that you are powerful, purposeful and mandated to succeed.

As you form the mask, you'll learn to uncover your inner world and your deepest

Holiday Gifts from the Kitchen Simple Homemade Foods You Can Make at Home



Tired of the holiday rush and running around looking for that perfect gift? What better way to say "thinking of you" than with a special homemade gift from your kitchen!

In this creative seminar, you will:

- Sample fun and easy recipes
- Share gift ideas
- Learn to make attractive home-baked baskets
- Find your own personal touch
- And much more.

Homemade foods are always a welcome gift — learn how to save money and have fun this holiday season!

Jan Seibert is a kitchen consultant for The Pampered Chef and the owner of a small catering business, Juan's. She has written two cookbooks.

Course 166	Sat. Nov. 11	10am-1pm	Hotel Circle
Sec. B			
Sec. C	Mon. Dec. 11	6:30-8:30pm	
Course fee \$29 / Members course fee \$24			

How to Cook 2 Weeks of Healthy, Inexpensive Meals in 1 Morning

No Fancy Equipment or Cooking Experience Necessary!

Too busy or tired to cook? Is eating out too expensive and fast food or TV dinners too unhealthy? This course is perfect for you!

In one morning, you'll learn how to prepare such delicious items as roasted chicken, chili, burritos, bean dip, turkey loaf, meatballs, pasta, rice and vegetables. All meals are low in fat and sodium. You'll also be shown how to shop, use herbs and spices, and properly store food.

At the end of class you'll partake of the feasts created in class with your classmates. You'll leave this class with recipe handouts and the ability to cook two weeks of fantastic, low-cost meals easily and quickly.

Materials fee \$3.

Sandra Bonaldi has been a professional chef in restaurants, private homes and for her own catering service for almost a decade. She is currently a cooking instructor and chef/food stylist for private clients.

Course 716 Sat. Jan. 13
Sec. V 10am-1pm
Course fee \$29 / Members course fee \$24

Learn to Make Sushi

Come learn how to easily make sushi, the healthy, low-calorie food that's fun to assemble and even more fun to eat! Sushi is great for entertaining, and can be economical if you know how to shop for and use the right local ingredients. Join Master Sushi Chef Nobu Atsumi of Origami restaurant in downtown San Diego as he shows you how it's done.

In this hands-on class, you'll be taught the basic techniques for making sushi, including delicious sushi rolls and nigiri. Best of all, you'll get to eat your culinary masterpieces as you create them! In addition, you'll learn:

- Basic food supplies and tools needed for sushi-making
- Where to buy supplies and

Faux Finishing

You've seen it. Maybe you didn't know the name of it—but it's everywhere. It's those ordinary, plain walls and furniture turned into extraordinary swirls of texture, design and color! The best news is you can do it yourself—it's an inexpensive way to transform your walls or even tables and chairs into works of art. In this introductory HANDS-ON workshop, you'll learn everything, from start to finish, including:

- Morting • Ragging
- French wash • Basic stenciling with hand-painted accents

This class is hands-on; dress accordingly. Materials fee \$15.

Martha Channer founded her own fine art and design company and has had her work published in several magazines.

Course 146A Sat. Oct. 21 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146B Sat. Nov. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146C Sat. Dec. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146D Sat. Jan. 13 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146E Sat. Feb. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146F Sat. Mar. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146G Sat. Apr. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146H Sat. May 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146I Sat. Jun. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146J Sat. Jul. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146K Sat. Aug. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146L Sat. Sep. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146M Sat. Oct. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146N Sat. Nov. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146O Sat. Dec. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146P Sat. Jan. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146Q Sat. Feb. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146R Sat. Mar. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146S Sat. Apr. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146T Sat. May 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146U Sat. Jun. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146V Sat. Jul. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146W Sat. Aug. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146X Sat. Sep. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146Y Sat. Oct. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146Z Sat. Nov. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AA Sat. Dec. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AB Sat. Jan. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AC Sat. Feb. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AD Sat. Mar. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AE Sat. Apr. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AF Sat. May 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AG Sat. Jun. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AH Sat. Jul. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AI Sat. Aug. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AJ Sat. Sep. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AK Sat. Oct. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AL Sat. Nov. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

Course 146AM Sat. Dec. 1 10:30am-4:30pm
Sec. J 10:30am-4:30pm
Course fee \$79 / Members course fee \$69

How to Play Bridge

Do you feel like you're the only person in the world who doesn't play bridge? Is your spouse threatening to find another partner if you don't learn? Do you think "7 No Trump" is Ivan's hotline number? If so, then this class is for you!

Join Audrey Grant, author of the *Better Bridge* book series, as she gives beginners like you helpful hints on the basics, bidding, play and defense of one of the world's most popular card games. After taking this class, you'll be a welcome fourth at any bridge table.

Audrey Grant has established a worldwide reputation in the field of bridge. She has worked with the World Bridge Federation to train bridge teachers and has appeared on numerous TV series on RNS.

Course 168 Tue. Jan. 9
Sec. A 6:30-9:30pm
Course fee \$29 / Members course fee \$29

Travel Around the World for 50% Off (or More!)

Take the vacation you've always dreamed of and save lots of money! Travel anywhere in the world for \$4-\$30 a day (Europe for \$25, China for \$15, India and parts of Latin America for \$4). Learn the lost secrets on how to cut your airfare by 50%-50%. Reduce your costs on accommodations, food and sightseeing—without losing comfort. Travel on the Trans-Siberian Express train from Russia to China for 1/3 the price.

Learn how to pack light, simplify the document process, ways to stay healthy and safe, and how to handle money while traveling. Tips will be presented for each part of the world. Materials fee \$5.

Gina Henry has traveled to over 60 countries through student programs, as an executive for major international ad agencies and as an adventurous solo traveler. She has a master's in international management, and is the owner of Go Global Programs, a company designed to help Americans gain international experience.

Course 183 Sat. Jan. 4
Sec. A 10am-2pm
Course fee \$29 / Members course fee \$29

The Learning Annex has the best computer training at the lowest prices in the San Diego area!

Our classes are hands-on, one person per computer. In addition, each student receives an extensive, free workbook or a quick reference guide for use after the class and to practice with on your own.

Since 1987, over 10,000 students have trained at the Computer Annex. Graduates include people from all backgrounds—doctors, entrepreneurs, se-

retaries, etc. We guarantee our classes. Corporations interested in training groups of six or more employees should inquire about volume discount programs. Private courses are customized free of charge for groups. Call Kathy at (619) 544-9700 to inquire about the corporate volume discounts. Confused about what class to take? Call Kathy, our computer expert, at (619) 544-9700.



You'll get an extensive workbook for free!

Introduction to the IBM PC — It's Easier Than You Think

At last! A fast, uncomplicated introduction to the IBM PC that will show you the basics of word processing, spreadsheets and databases. If you haven't yet joined the computer generation, it's late... but not too late.

This quick and easy course gives you, in two evenings or a single day, basic mastery over the IBM PC.

Persons from ages 7-90 can be using computers the next day! It's a snap, with the step-by-step expert instruction you'll receive.

Included in this beginning course:

- How the computer works
- The DOS operating system
- Common buzz words and terms
- Hardware vs. software

Super Windows Weekend

This two-day course covers everything in the six-hour intro to windows course (see course description #1011), plus:

- A thorough explanation of the control panel, including how to set up virtual memory
- Expanded coverage of File Manager and associating files with applications
- System INI and WIN.INI files
- Working with the start-up window
- Virus-checking
- Even creating your own wallpaper!

Course 1044 Evenings 6-9pm
Sec. A Mon. Nov. 6, 13
Sec. B Tue. Nov. 7, 14
Sec. C Wed. Nov. 8, 15
Sec. D Thu. Nov. 9, 16
Sec. E Fri. Nov. 10, 17
Sec. F Sat. Nov. 11, 18
Sec. G Sun. Nov. 12, 19
Sec. H Mon. Nov. 13, 20
Sec. I Tue. Nov. 14, 21
Sec. J Wed. Nov. 15, 22
Sec. K Thu. Nov. 16, 23
Sec. L Fri. Nov. 17, 24
Sec. M Sat. Nov. 18, 25
Sec. N Sun. Nov. 19, 26
Sec. O Mon. Nov. 20, 27
Sec. P Tue. Nov. 21, 28
Sec. Q Wed. Nov. 22, 29
Sec. R Thu. Nov. 23, 30
Sec. S Fri. Nov. 24, 1
Sec. T Sat. Nov. 25, 2
Sec. U Sun. Nov. 26, 3
Sec. V Mon. Nov. 27, 4
Sec. W Tue. Nov. 28, 5
Sec. X Wed. Nov. 29, 6
Sec. Y Thu. Nov. 30, 7
Sec. Z Fri. Dec. 1, 8
Sec. AA Sat. Dec. 2, 9
Sec. AB Sun. Dec. 3, 10
Sec. AC Mon. Dec. 4, 11
Sec. AD Tue. Dec. 5, 12
Sec. AE Wed. Dec. 6, 13
Sec. AF Thu. Dec. 7, 14
Sec. AG Fri. Dec. 8, 15
Sec. AH Sat. Dec. 9, 16
Sec. AI Sun. Dec. 10, 17
Sec. AJ Mon. Dec. 11, 18
Sec. AK Tue. Dec. 12, 19
Sec. AL Wed. Dec. 13, 20
Sec. AM Thu. Dec. 14, 21
Sec. AN Fri. Dec. 15, 22
Sec. AO Sat. Dec. 16, 23
Sec. AP Sun. Dec. 17, 24
Sec. AQ Mon. Dec. 18, 25
Sec. AR Tue. Dec. 19, 26
Sec. AS Wed. Dec. 20, 27
Sec. AT Thu. Dec. 21, 28
Sec. AU Fri. Dec. 22, 29
Sec. AV Sat. Dec. 23, 30
Sec. AW Sun. Dec. 24, 31
Sec. AX Mon. Jan. 1, 1990
Sec. AY Tue. Jan. 2, 1990
Sec. AZ Wed. Jan. 3, 1990
Sec. BA Thu. Jan. 4, 1990
Sec. BB Fri. Jan. 5, 1990
Sec. BC Sat. Jan. 6, 1990
Sec. BD Sun. Jan. 7, 1990
Sec. BE Mon. Jan. 8, 1990
Sec. BF Tue. Jan. 9, 1990
Sec. BG Wed. Jan. 10, 1990
Sec. BH Thu. Jan. 11, 1990
Sec. BI Fri. Jan. 12, 1990
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Sec. BK Sun. Jan. 14, 1990
Sec. BL Mon. Jan. 15, 1990
Sec. BM Tue. Jan. 16, 1990
Sec. BN Wed. Jan. 17, 1990
Sec. BO Thu. Jan. 18, 1990
Sec. BP Fri. Jan. 19, 1990
Sec. BQ Sat. Jan. 20, 1990
Sec. BR Sun. Jan. 21, 1990
Sec. BS Mon. Jan. 22, 1990
Sec. BT Tue. Jan. 23, 1990
Sec. BU Wed. Jan. 24, 1990
Sec. BV Thu. Jan. 25, 1990
Sec. BW Fri. Jan. 26, 1990
Sec. BX Sat. Jan. 27, 1990
Sec. BY Sun. Jan. 28, 1990
Sec. BZ Mon. Jan. 29, 1990
Sec. CA Tue. Jan. 30, 1990
Sec. CB Wed. Jan. 31, 1990
Sec. CC Thu. Feb. 1, 1990
Sec. CD Fri. Feb. 2, 1990
Sec. CE Sat. Feb. 3, 1990
Sec. CF Sun. Feb. 4, 1990
Sec. CG Mon. Feb. 5, 1990
Sec. CH Tue. Feb. 6, 1990
Sec. CI Wed. Feb. 7, 1990
Sec. CJ Thu. Feb. 8, 1990
Sec. CK Fri. Feb. 9, 1990
Sec. CL Sat. Feb. 10, 1990
Sec. CM Sun. Feb. 11, 1990
Sec. CN Mon. Feb. 12, 1990
Sec. CO Tue. Feb. 13, 1990
Sec. CP Wed. Feb. 14, 1990
Sec. CQ Thu. Feb. 15, 1990
Sec. CR Fri. Feb. 16, 1990
Sec. CS Sat. Feb. 17, 1990
Sec. CT Sun. Feb. 18, 1990
Sec. CU Mon. Feb. 19, 1990
Sec. CV Tue. Feb. 20, 1990
Sec. CW Wed. Feb. 21, 1990
Sec. CX Thu. Feb. 22, 1990
Sec. CY Fri. Feb. 23, 1990
Sec. CZ Sat. Feb. 24, 1990
Sec. DA Sun. Feb. 25, 1990
Sec. DB Mon. Feb. 26, 1990
Sec. DC Tue. Feb. 27, 1990
Sec. DD Wed. Feb. 28, 1990
Sec. DE Thu. Feb. 29, 1990
Sec. DF Fri. Feb. 30, 1990
Sec. DG Sat. Mar. 1, 1990
Sec. DH Sun. Mar. 2, 1990
Sec. DI Mon. Mar. 3, 1990
Sec. DJ Tue. Mar. 4, 1990
Sec. DK Wed. Mar. 5, 1990
Sec. DL Thu. Mar. 6, 1990
Sec. DM Fri. Mar. 7, 1990
Sec. DN Sat. Mar. 8, 1990
Sec. DO Sun. Mar. 9, 1990
Sec. DP Mon. Mar. 10, 1990
Sec. DQ Tue. Mar. 11, 1990
Sec. DR Wed. Mar. 12, 1990
Sec. DS Thu. Mar. 13, 1990
Sec. DT Fri. Mar. 14, 1990
Sec. DU Sat. Mar. 15, 1990
Sec. DV Sun. Mar. 16, 1990
Sec. DW Mon. Mar. 17, 1990
Sec. DX Tue. Mar. 18, 1990
Sec. DY Wed. Mar. 19, 1990
Sec. DZ Thu. Mar. 20, 1990
Sec. EA Fri. Mar. 21, 1990
Sec. EB Sat. Mar. 22, 1990
Sec. EC Sun. Mar. 23, 1990
Sec. ED Mon. Mar. 24, 1990
Sec. EE Tue. Mar. 25, 1990
Sec. EF Wed. Mar. 26, 1990
Sec. EG Thu. Mar. 27, 1990
Sec. EH Fri. Mar. 28, 1990
Sec. EI Sat. Mar. 29, 1990
Sec. EJ Sun. Mar. 30, 1990
Sec. EK Mon. Mar. 31, 1990
Sec. EL Tue. Apr. 1, 1990
Sec. EM Wed. Apr. 2, 1990
Sec. EN Thu. Apr. 3, 1990
Sec. EO Fri. Apr. 4, 1990
Sec. EP Sat. Apr. 5, 1990
Sec. EQ Sun. Apr. 6, 1990
Sec. ER Mon. Apr. 7, 1990
Sec. ES Tue. Apr. 8, 1990
Sec. ET Wed. Apr. 9, 1990
Sec. EU Thu. Apr. 10, 1990
Sec. EV Fri. Apr. 11, 1990
Sec. EW Sat. Apr. 12, 1990
Sec. EX Sun. Apr. 13, 1990
Sec. EY Mon. Apr. 14, 1990
Sec. EZ Tue. Apr. 15, 1990
Sec. FA Wed. Apr. 16, 1990
Sec. FB Thu. Apr. 17, 1990
Sec. FC Fri. Apr. 18, 1990
Sec. FD Sat. Apr. 19, 1990
Sec. FE Sun. Apr. 20, 1990
Sec. FF Mon. Apr. 21, 1990
Sec. FG Tue. Apr. 22, 1990
Sec. FH Wed. Apr. 23, 1990
Sec. FI Thu. Apr. 24, 1990
Sec. FJ Fri. Apr. 25, 1990
Sec. FK Sat. Apr. 26, 1990
Sec. FL Sun. Apr. 27, 1990
Sec. FM Mon. Apr. 28, 1990
Sec. FN Tue. Apr. 29, 1990
Sec. FO Wed. Apr. 30, 1990
Sec. FP Thu. May 1, 1990
Sec. FQ Fri. May 2, 1990
Sec. FR Sat. May 3, 1990
Sec. FS Sun. May 4, 1990
Sec. FT Mon. May 5, 1990
Sec. FU Tue. May 6, 1990
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Sec. FW Thu. May 8, 1990
Sec. FX Fri. May 9, 1990
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Sec. FZ Sun. May 11, 1990
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Sec. GD Thu. May 15, 1990
Sec. GE Fri. May 16, 1990
Sec. GF Sat. May 17, 1990
Sec. GG Sun. May 18, 1990
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Sec. GJ Wed. May 21, 1990
Sec. GK Thu. May 22, 1990
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Sec. GN Sun. May 25, 1990
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Sec. GP Tue. May 27, 1990
Sec. GQ Wed. May 28, 1990
Sec. GR Thu. May 29, 1990
Sec. GS Fri. May 30, 1990
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Sec. GU Sun. Jun. 1, 1990
Sec. GV Mon. Jun. 2, 1990
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Sec. GZ Fri. Jun. 6, 1990
Sec. HA Sat. Jun. 7, 1990
Sec. HB Sun. Jun. 8, 1990
Sec. HC Mon. Jun. 9, 1990
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Sec. HJ Mon. Jun. 16, 1990
Sec. HK Tue. Jun. 17, 1990
Sec. HL Wed. Jun. 18, 1990
Sec. HM Thu. Jun. 19, 1990
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Sec. HT Thu. Jun. 26, 1990
Sec. HU Fri. Jun. 27, 1990
Sec. HV Sat. Jun. 28, 1990
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Sec. IA Thu. Jul. 3, 1990
Sec. IB Fri. Jul. 4, 1990
Sec. IC Sat. Jul. 5, 1990
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Sec. IE Mon. Jul. 7, 1990
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Sec. IL Mon. Jul. 14, 1990
Sec. IM Tue. Jul. 15, 1990
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Sec. IQ Sat. Jul. 19, 1990
Sec. IR Sun. Jul. 20, 1990
Sec. IS Mon. Jul. 21, 1990
Sec. IT Tue. Jul. 22, 1990
Sec. IU Wed. Jul. 23, 1990
Sec. IV Thu. Jul. 24, 1990
Sec. IW Fri. Jul. 25, 1990
Sec. IX Sat. Jul. 26, 1990
Sec. IY Sun. Jul. 27, 1990
Sec. IZ Mon. Jul. 28, 1990
Sec. JA Tue. Jul. 29, 1990
Sec. JB Wed. Jul. 30, 1990
Sec. JC Thu. Jul. 31, 1990
Sec. JD Fri. Aug. 1, 1990
Sec. JE Sat. Aug. 2, 1990
Sec. JF Sun. Aug. 3, 1990
Sec. JG Mon. Aug. 4, 1990
Sec. JH Tue. Aug. 5, 1990
Sec. JI Wed. Aug. 6, 1990
Sec. JJ Thu. Aug. 7, 1990
Sec. JK Fri. Aug. 8, 1990
Sec. JL Sat. Aug. 9, 1990
Sec. JM Sun. Aug. 10, 1990
Sec. JN Mon. Aug. 11, 1990
Sec. JO Tue. Aug. 12, 1990
Sec. JP Wed. Aug. 13, 1990
Sec. JQ Thu. Aug. 14, 1990
Sec. JR Fri. Aug. 15, 1990
Sec. JS Sat. Aug. 16, 1990
Sec. JT Sun. Aug. 17, 1990
Sec. JU Mon. Aug. 18, 1990
Sec. JV Tue. Aug. 19, 1990
Sec. JW Wed. Aug. 20, 1990
Sec. JX Thu. Aug. 21, 1990
Sec. JY Fri. Aug. 22, 1990
Sec. JZ Sat. Aug. 23, 1990
Sec. KA Sun. Aug. 24, 1990
Sec. KB Mon. Aug. 25, 1990
Sec. KC Tue. Aug. 26, 1990
Sec. KD Wed. Aug. 27, 1990
Sec. KE Thu. Aug. 28, 1990
Sec. KF Fri. Aug. 29, 1990
Sec. KG Sat. Aug. 30, 1990
Sec. KH Sun. Aug. 31, 1990
Sec. KI Mon. Sep. 1, 1990
Sec. KJ Tue. Sep. 2, 1990
Sec. KK Wed. Sep. 3, 1990
Sec. KL Thu. Sep. 4, 1990
Sec. KM Fri. Sep. 5, 1990
Sec. KN Sat. Sep. 6, 1990
Sec. KO Sun. Sep. 7, 1990
Sec. KP Mon. Sep. 8, 1990
Sec. KQ Tue. Sep. 9, 1990
Sec. KR Wed. Sep. 10, 1990
Sec. KS Thu. Sep. 11, 1990
Sec

Become a Certified Novell Netware Engineer!

You might think that the purpose of training at a Novell Authorized Education Center (NAEC) is to prepare you for the Certified Network Engineer (CNE) course, which translates into lucrative employment opportunities. Well, you're right.

But the benefits of NAEC training go beyond CNE certification.

You'll also:

- Learn the latest technology updates
- Draw on the expertise of others in your class
- Get free support calls to Novell
- And more!

Call (619) 544-9700 for more information.

Desktop Publishing: Learn Pagemaker on the Mac or PC

Desktop publishing makes publishing cheaper, more effective, convenient and downright fun to do yourself.

It is excellent for brochures, newsletters — even books.

Business correspondence will be especially impressive when you typeset it yourself in minutes.

Come learn the many benefits of this exciting new technology, with a completely non-technical examination of the uses of the software Pagemaker.

PREREQUISITE: Course #1027 (Intro to the Apple Mac) or Course #1082 (Intro to IBM) or prior Windows experience necessary.

Course 1026		La Jolla / UTC	
EVENING CLASSES			
Sec. H	Tue, Oct. 24, 31	6-9pm	
Sec. O	Tue, Nov. 21, 28	6-9pm	
Sec. J	Thu, Dec. 21, 28	6-9pm	
SPECIAL DAYTIME CLASSES			
Sec. H	Sat. Dec. 18	9am-4pm	
Sec. F	Sat. Dec. 16	9am-4pm	
Course fee \$129			

Windows — The Basics



Windows is a graphical user interface program that allows you to work with a mouse or other pointing device to select features instead of having to remember and type DOS commands. In this six-hour course you will learn: • Standard Windows terminology • How to start Windows • How to resize, scroll in and arrange Windows • How to use the File Manager to perform basic DOS operations • How to use the Windows accessories Write and Paintbrush. This is a hands-on course with one student per computer. Workbooks are provided free.

Course 1011		Kearny Mesa	
Sec. T	Wed, Nov. 1, 8	6-9:30pm	
Sec. U	Sat, Nov. 4	9am-4pm	
Sec. V	Tue, Dec. 5, 12	6-9:30pm	
Sec. W	Sat, Dec. 2	9am-4pm	
Sec. X	Sat, Jan. 6	9am-4pm	
Sec. Y	Mon, Jan. 8, 15	6-9:30pm	
Course fee \$129			

Super Weekend: Become Computer Literate in One Weekend

This course distills four of our regular courses down to their purest essence and unfolds the entire panorama of high tech in 12 hours.

In just two days, you'll get an overview of the IBM PC and DOS, Lotus 1-2-3 and WordPerfect, and dBase.

You will learn the essential DOS commands, how to create documents using word processing, how to create a spreadsheet and how to create a database file.

This hands-on course is a tremendous value for the time and money, and will help you become a "user friendly."

Course 1085		Kearny Mesa	
Sec. F	Sat/Sun, Oct. 28, 29	9am-4pm	
Sec. G	Sat/Sun, Nov. 18, 19	9am-4pm	
Sec. N	Sat/Sun, Dec. 16, 17	9am-4pm	
Sec. I	Sat/Sun, Jan. 27, 28	9am-4pm	
Course fee \$199			

Intro to Word 6.0 for Windows

Microsoft Word combines powerful features with ease of use to produce professional documents.

You will learn how to:

- Tour the Word Window
- Create, save, format and print a document
- Use the thesaurus, grammar and spell check
- Create headers and footers
- And more

Prior Windows experience necessary.

Course 1043		Kearny Mesa	
EVENING CLASSES			
Sec. J	Wed, Nov. 15, 22	6-9:30pm	
Sec. K	Tue, Dec. 12, 19	6-9:30pm	
SPECIAL DAYTIME CLASSES			
Sec. I	Sat, Dec. 4	9am-4pm	
Sec. L	Sat, Dec. 9	9am-4pm	
Course fee \$129			

Getting Started with Lotus 1-2-3

This clear, plain-English lecture, combined with hands-on problem solving, will give you the knowledge and confidence to go directly from the sessions to your own office computer and set up spreadsheet sheets with the best of them.

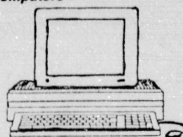
Included in this beginning course: The basics of 1-2-3 — entering labels, numbers and formulas, the menu structure, the "help" facility, ranges and cursor movement, formatting numbers, aligning labels, adjusting column widths, printing, saving work, retrieving spreadsheets, copying, moving, inserting and deleting.

Course 1024		Kearny Mesa	
EVENING CLASSES			
Sec. Q	Tue, Nov. 7, 14	6-9:30pm	
Sec. S	Thu, Dec. 7, 14	6-9:30pm	
Sec. U	Wed, Jan. 10, 17	6-9:30pm	
SPECIAL DAYTIME CLASSES			
Sec. P	Sat, Oct. 21	9am-4pm	
Sec. R	Sat, Nov. 11	9am-4pm	
Sec. T	Sat, Dec. 9	9am-4pm	
Sec. V	Sat, Jan. 20	9am-4pm	
Course fee \$119 / Members course fee \$109			

Learn to use the Internet!

See pages 13-14

Intro to Computers For People Afraid of Computers



If you've missed out on the computer revolution and want to learn about computers, we've put together a class just for you!

You'll learn the key concepts of computers and get an introduction to the IBM PC.

You'll be able to do word processing, produce your own documents, and be introduced to spreadsheets and graphs. You'll leave with new skills and new-found confidence.

Course 1083		Kearny Mesa	
Sec. B	Wed, Nov. 15, 22	6-9:30pm	
Sec. N	Mon, Dec. 11, 18	6-9:30pm	
Sec. I	Thu, Jan. 18, 25	6-9:30pm	
Course fee \$129 / Members course fee \$119			

Intro to Quicken for Windows on the PC

Want to computerize your bookkeeping easily?

Quicken is taking the computer world by storm. It's perfect for everything from personal checkbook management to small business and finance — and best of all, it's easy to learn!

- Topics include:**
- Using the register
 - Writing checks
 - Using categories
 - Saving time with memorized transactions
 - Working with multiple accounts
 - Transferring money between accounts
 - Creating reports
 - Reconciling

Prior Windows experience necessary.

Course 1056		Kearny Mesa	
EVENING CLASSES			
Sec. Y	Tue, Nov. 7, 14	6-9:30pm	
Sec. A	Thu, Dec. 7, 14	6-9:30pm	
Sec. B	Thu, Jan. 4, 11	6-9:30pm	
SPECIAL DAYTIME CLASSES			
Sec. W	Sat, Nov. 11	9am-4pm	
Sec. I	Sat, Dec. 16	9am-4pm	
Course fee \$129 / Members course fee \$119			

The Secrets of Hard-Disk Management

You'll never master your PC until you take this class! In this workshop, you'll get clear, plain-English instructions and demonstrations on working with and installing your own floppy drives, hard drives, CD-ROM drives and backup systems.

Also covered:

- Troubleshooting disk errors
- Avoiding common disk hazards
- Use of DOS and Windows to install and maintain programs and files
- Use of utility programs
- File backup
- How to keep an older drive working well
- Recovering from drive problems
- And more!

Materials fee \$2.

Dave Cox is a software and test engineer, a consultant and an entrepreneur.

Course 1070		Hotel Circle	
Sec. E	Sat, Oct. 28	2-5pm	
Sec. L	Sat, Dec. 9	2-5pm	
Sec. M	Sat, Jan. 13	2-5pm	
Course fee \$29 / Members course fee \$24			

How to Build Your Own PC for Under \$750!

You can build your own state-of-the-art personal computer using just a screwdriver and a pair of pliers!

A thorough demonstration will be given in class. You'll see the step-by-step process of assembling a fully functioning 486-based PC.

You'll save hundreds of dollars and understand the inner workings of all IBM compatibles, and gain valuable troubleshooting and repair skills.

Materials fee \$2.

Dave Cox — see No course #1070

Course 1050		Hotel Circle	
Sec. E	Sat, Oct. 28	2-5pm	
Sec. L	Sat, Dec. 9	2-5pm	
Sec. M	Sat, Jan. 13	2-5pm	
Course fee \$39 / Members course fee \$34			

TAKE BOTH FOR \$59 / MEMBERS COURSE FEE \$54

Learn to Type In Four Hours

Learn the full alphabet, keyboard in four hours! A unique memory code enables you to memorize the key-board instantly. Learn eight keys in the very first hour.

This hands-on course is a must for those seeking to add to their secretarial-administrative skills or for working on a computer keyboard.

Course 375		Kearny Mesa	
Sec. B	Wed, Nov. 1, 8	6-9pm	
Sec. H	Wed, Dec. 6, 13	6-9pm	
Sec. I	Mon, Jan. 8, 15	6-9pm	
Course fee \$49 / Members course fee \$39			

Intro to Microsoft Excel

Microsoft Excel can make your work faster and easier — and you don't need to be a financial wizard to use it!

It's perfect for budgets, financial tracking, product or department performance, personal finances, keeping track of your investment portfolio or collecting information from your checkbook.

Topics include:

- How to enter data, labels and values
- Using the menu structure
- How to write basic formulas
- How to format the worksheet
- Printing the worksheet
- Using the chart wizard
- Modifying, rotating and changing charts

Course 1025		Kearny Mesa	
EVENING CLASSES			
Sec. C	Mon, Nov. 6, 13	6-9:30pm	
Sec. E	Mon, Dec. 4, 11	6-9:30pm	
Sec. H	Wed, Jan. 24, 31	6-9:30pm	
SPECIAL DAYTIME CLASSES			
Sec. B	Sat, Oct. 28	9am-4pm	
Sec. D	Sat, Nov. 18	9am-4pm	
Sec. F	Sat, Dec. 9	9am-4pm	
Sec. N	Sat, Jan. 27	9am-4pm	
Course fee \$129			

How to Buy Real Estate at a Discount

Experts agree that new local real-estate millionaires will make their money during the current real-estate recession! Come learn why now is absolutely the best time to buy and receive a blueprint for financial freedom that has worked for thousands.

This informative class will show you how to cut directly to the bottom line — without wasting your time and effort. There are numerous ways to obtain discounts and develop cash flow. Get proven tips and insider secrets that will keep you ahead of the competition. Anyone can do it!

- How to get started
- Where to find the best selection
- How to use government programs
- What types of properties perform best
- How to develop cash flow
- Where to find fine professional help
- And much more!

Dan Harrison, Virgil Ogler and Deborah Webster are successful real-estate investors who have over 45 years' combined experience as California real-estate brokers. They have frequently appeared on radio and TV, and are the authors of 100 Ways to Profit in Real Estate.

Course	Hotel Circle
Sec. A	Sat. Nov. 18 10am-1pm
Sec. B	Sat. Dec. 16 10am-1pm
Sec. C	Sat. Jan. 20 10am-1pm

Course fee \$29 / Members course fee \$24

Making Fixer-Uppers Make Big Profits Part-Time

Buying fixer-uppers is a great way to begin acquiring real estate in today's market. Whether you want to explore this option to afford your first home, to accumulate an income-producing portfolio, generate quick profits from resale, or just learn about real estate, this workshop is your blueprint for success. Come find out how to:

- Save money when choosing professionals to work for you
- Know what to ask and look for when buying a "fixer-upper"
- Determine how much capital various projects will require
- Learn to avoid the most common pitfalls
- And more!

This course is for anyone interested in real estate as a vehicle to make more money for future financial success. Free

How to Buy Your First Home Strategies and Advice for First-Time Home Buyers



Interest rates are at their lowest in 20 years, and Clinton is offering benefits. Now is the time to secure a house or condo or obtain a piece of property that can bring you a profit for the rest of your life.

In this class you will learn about the use of property to lower your tax burden, and little-known tax write-offs that homeowners usually miss because they are not aware of them. Your instructor will discuss mortgages, both how to finance one and how to shop around and compare them. Also covered is "creative financing," including ways to structure a deal to make it especially enticing to the seller.

Jeff Brummitt has been in full-time real estate sales for 14 years, and mortgage banking for eight. He has a degree in economics and is the former president of the Colorado Board of Realtors.

Course	Hotel Circle
Sec. A	Wed. Nov. 15 6:30-9:30pm
Sec. B	Wed. Dec. 12 6:30-9:30pm
Sec. C	Thu. Jan. 11 6:30-9:30pm

Course fee \$29 / Bring a friend for \$10

Make \$\$ Investing in Real Estate Foreclosures

Like a way to earn big profits each month with 10% or even zero money down? Discover the secrets of bargain-hunting in real estate foreclosures and a proven method for financial freedom, one that can be pursued even if you already have a 9-to-5 job. This step-by-step seminar will explain the foreclosure process, where the opportunities are and where they're not! Learn how to identify the profitable opportunities and how to avoid the pitfalls. After this seminar you'll find it can be fun, as well as easy, to purchase foreclosures.

You'll learn how to buy government foreclosures with no hassle, get access to the best deals in San Diego, Orange, LA, as well as Phoenix, Las Vegas and Florida. We'll show you how to do it yourself as well as present you with specific opportunities! Materials fee \$5.

Carl Whidden is a real estate principles teacher for Century 21 who lectures around the country, helping people find and buy foreclosure properties. He has helped his students purchase millions of dollars' worth of property.

Course	Hotel Circle
Sec. J	Thu. Nov. 16 6:30-9:30pm
Sec. K	Thu. Dec. 14 6:30-9:30pm
Sec. L	Thu. Jan. 18 6:30-9:30pm

Course fee \$29 / Members course fee \$25

Buying Lender Repossessed Properties (REOs)

Want to beat the high cost of housing, and the hassle of applying for a mortgage — properties repossessed by lenders — is the insider's way to buy property at wholesale prices. They are the easiest and fastest way for the non-professional real estate investor to get property. The trick is knowing where to look for them. In this seminar you'll find out where the super-bargain deals are, and how to go about investing in them. Discover how to evaluate potential deals to insure that you're getting the best bargain possible. This class is perfect for the first-time buyer or for anyone who wants to time their investment in the real estate market. Now is the perfect time to get started!

William Mansfield, M.R.A., has over 20 years' experience in real estate sales and financial management. He is a master instructor with the Calif. Assoc. of Realtors, teaching on all aspects of real estate.

Course	Hotel Circle
Sec. Y	Tue. Oct. 24 6:30-9:30pm
Sec. Z	Tue. Nov. 28 6:30-9:30pm
Sec. A	Mon. Jan. 8 6:30-9:30pm

Course fee \$39 / Members course fee \$24

Nightclub Dancing

Are you at a loss when you go to a nightclub, not knowing how to dance to either fast or slow music? Even if you've never danced a step in your life, this class will have you moving and turning in time to the music. Our experienced instructor will teach you the Slow 2-step (a touch dance to slow contemporary music) and the Hustle (a touch dance to faster contemporary music). You will learn the basic rhythms, how to lead and how to follow any partner, and feel confident dancing two of the most popular dances in any of San Diego's nightclubs.

Carl Davis, owner of Davis Dance Studio, has been teaching dance full-time for 17 years. He has taught and performed in various nightclubs in and around San Diego for the past 13 years and has appeared on Larry Himmell at Large and at the American Dance Awards in San Diego.

Course	Keary Mesa
Sec. B	Fri. Oct. 20, 27, Nov. 3, 10 7:30-9:30pm
Sec. C	Fri. Nov. 17, Dec. 1, 8, 15 7:30-9:30pm
Sec. D	Fri. Jan. 12, 19, 26, Feb. 2 7:30-9:30pm

Course fee \$39 / Couples course fee \$59

West Coast Swing

Here's an action-packed course that will have you boogieing, rocking and dancing the night away! West Coast Swing became the California State Dance six years ago. With roots in the Big Band era, this popular form of swing dancing has taken over the dance floor in nightclubs and country western bars. Move in perfect partnership as you clear the floor at the clubs. Learn to lead and follow the steps you've admired. It's easy. It's fun. And it's America's fastest-growing dance craze! Don't be left out!

Carl Davis, owner of Davis Dance Studio, has been teaching dance full-time for 17 years. He has taught and performed in various nightclubs in and around San Diego for the past 13 years and has appeared on Larry Himmell at Large and at the American Dance Awards in San Diego.

Course	Keary Mesa
Sec. F	Mon. Oct. 23, 30, Nov. 6, 13 7:30-9:30pm
Sec. G	Mon. Nov. 20, 27, Dec. 4, 11 7:30-9:30pm
Sec. H	Mon. Jan. 8, 15, 22, 29 7:30-9:30pm

Course fee \$39 / Couples fee \$59

Ballroom Dancing



We're talking about partner dancing, not the wild and ever-changing rock-music gyrations. You'll learn dances like the waltz, the foxtrot or even the tango. It's the difference between staggering around hoping you won't step on your partner's feet, and dancing with confidence.

Instead of hanging back when the band or a pop record starts to play, you'll ask that attractive stranger, "Would you like to dance?" Why stand on the sidelines when,

in four fun-filled evenings, you can learn to glide across the floor with the best of them? Call today, space is limited. Partners are not required.

Pattie Wells has been teaching dance in San Diego for the past 15 years. She has appeared on various cable TV programs, including Inside San Diego, and has been featured in the L.A. Times, Union Tribune and Dance Teacher Magazine.

Course	Loma Portal
Sec. L	Mon. Oct. 23, 30, Nov. 6, 13 6-7pm
Sec. M	Mon. Nov. 27, Dec. 4, 11, 18 6-7pm
Sec. N	Mon. Jan. 8, 15, 22, 29 6-7pm

Course fee \$39 / Couples fee \$59

Carl Davis, owner of Davis Dance Studio, has been teaching dance full-time for 17 years. He has taught and performed in various nightclubs in and around San Diego for the past 13 years and has appeared on Larry Himmell at Large and at the American Dance Awards in San Diego.

Course	Keary Mesa
Sec. U	Tue. Nov. 7, 14, 21, 28 7:30-9:30pm
Sec. V	Tue. Dec. 5, 12, 19, 26 7:30-9:30pm
Sec. W	Tue. Jan. 9, 16, 23, 30 7:30-9:30pm

Course fee \$39 / Couples fee \$59

Swing & Jitterbug

In this action-packed course, you'll learn the jitterbug, lindy, swing and jive — with one, two and three count variations. Find out how to turn and spin like the pros. Move in perfect partnership as you clear the floor at the clubs.

Pattie Wells has been teaching dance in San Diego for the past 15 years. She has appeared on various cable TV programs, including Inside San Diego, and has been featured in the L.A. Times, Union Tribune and Dance Teacher Magazine.

Course	Willcrest
Sec. F	Wed. Oct. 25, Nov. 1, 8, 15 9-9pm
Sec. G	Wed. Nov. 29, Dec. 6, 13, 20 9-9pm
Sec. H	Wed. Jan. 10, 17, 24, 31 9-9pm

Course fee \$39 / Couples fee \$59

Carl Davis, owner of Davis Dance Studio, has been teaching dance full-time for 17 years. He has taught and performed in various nightclubs in and around San Diego for the past 13 years and has appeared on Larry Himmell at Large and at the American Dance Awards in San Diego.

Course	Keary Mesa
Sec. T	Thu. Nov. 9, 16, 23, Dec. 7 7:30-9:30pm
Sec. U	Thu. Jan. 11, 18, 25, Feb. 1 7:30-9:30pm

Course fee \$39 / Couples fee \$59

Latin Salsa Dancing

Add spice to your life with salsa! This sexy and stylish Afro-Cuban dance of the 1950s features swaying rhythms, hot beats, fast steps, turns, dips and swings.

In this fun class, you'll learn the basics of salsa, merengue, cha cha and rumba. Night clubs throughout San Diego are now playing saucy Latin rhythms, so don't miss out on the excitement!

Come alone, or bring a partner. Everyone can salsa!

Carl Davis, owner of Davis Dance Studio, has been teaching dance full-time for 17 years. He has taught and performed in various nightclubs in and around San Diego for the past 13 years and has appeared on Larry Himmell at Large and at the American Dance Awards in San Diego.

Course	Keary Mesa
Sec. F	Wed. Nov. 9, 16, 23, 30 7:30-9:30pm
Sec. G	Wed. Dec. 6, 13, 20, 27 7:30-9:30pm
Sec. H	Wed. Jan. 10, 17, 24, 31 7:30-9:30pm

Course fee \$39 / Couples fee \$59



Call (619) 544-9700 to register. See page 38 for registration information

Use M/C, VISA or AMEX to register by phone — (619) 544-9700

SPORTS MOVEMENT

34

T'ai Chi Chih

Learn the Many Benefits of This Moving Meditation

In this introductory class, you'll discover the many physical and spiritual benefits of T'ai Chi Chih, a moving meditation that's easy to learn and practice. Combining elements of both T'ai Chi Chuan and Qi Gong, T'ai Chi Chih can help improve your health, balance, flexibility and coordination. You'll learn basic T'ai Chi Chih moves that will bring a positive change in your life and energy. These gentle, nonstrenuous movements are easily done, no matter what your age or level of physical ability. Learn how T'ai Chi Chih can help to:

- Enhance physical, emotional and spiritual well-being
- Increase circulation
- Bring relief from pain and stress
- Heighten awareness
- Improve energy
- Regulate blood pressure
- Strengthen the immune system

No previous experience with meditation necessary.

Arturo Banta is an accredited teacher of T'ai Chi Chih who has studied with Master practitioners Steve Ridley and Leslie Johnson-Leech. He practices and teaches T'ai Chi Chih and various other forms of meditation in San Diego.

Course 098 Wed. Nov. 9 6:30-8:30pm
Sec. B Wed. Dec. 13 6:30-8:30pm
Sec. C Wed. Jan. 17 6:30-8:30pm
Course fee \$29 / Members course fee \$24

In-Line Skating (a.k.a. Rollerblading)

— It's Hot!

In-line skating, commonly known as rollerblading, has been the fastest growing sport in America for the past three years. It is rated as one of the top five best fat-burners — even above step aerobics! And best of all, it's fun! Whether you were six years old the last time you skated or you just bought a pair of in-line roller skates, it's time to learn the techniques of the champions.

In this course you'll learn:

- How to get up and get started
- The "duck walk"
- How to heel and snow-plow stop
- Backward stride
- Parallel and slalom turns
- Forward and reverse transitions

You'll also learn about skate maintenance and what to look for when buying skates. Skates and safety equipment can be rented from Mike's Bikes for \$6.

Call (619) 544-9700 to register. See page 38 for registration information

Golf

Golfers claim there are few thrills in life to match the experience of hitting that ball long and straight down the fairway and pitching it close to the flag on the green. Not to mention the lush, peaceful atmosphere and camaraderie you share with fellow golfers.

Golf is currently the fastest growing sport in your 40 years old — or beyond! In this course you'll learn the fundamentals of golf, including full swing, putting, chipping, sand traps, rules and etiquette. Don't wait for retirement. Learn to play the fastest growing sport in America. Range balls are \$5 per class; bring clubs if you have them.

The golf pros at Balboa Park Municipal Golf Course.

Course 051 Wed. Nov. 1, 8, 15, 22 Noon-1pm
Sec. J Sat. Nov. 4, 11, 18, Dec. 2 10-11am
Sec. L Sat. Nov. 4, 11, 18, Dec. 2 11am-noon
Sec. M Sun. Nov. 5, 12, 19, Dec. 3 10-11am
Sec. N Sun. Nov. 5, 12, 19, Dec. 3 11am-noon
Special! All November students play golf at 2pm on Dec. 3
Sec. O Sat. Nov. 6, 13, 20, 27 10-11am
Sec. P Sat. Jan. 6, 13, 20, 27 10-11am
Sec. Q Sun. Jan. 7, 14, 21, 28 10-11am
Sec. R Sun. Jan. 7, 14, 21, 28 11am-noon
Sec. S Wed. Jan. 10, 17, 24, 31 Noon-1pm
Special! All January students play golf at 2pm on Jan. 31
Course fee \$79 / Members course fee \$59

Marko Bagalich has taught students of all ages the basics of in-line skating. He stars in the recently released video, *In-Line Skating Workout*, and is a member of the International In-Line Skating Association.

Course 029 R.H.I. Skate Center - Kearny Mesa
Sec. B Sat. Oct. 22 10am-1pm
Sec. N Sat. Dec. 3 10am-1pm
Sec. I Sat. Jan. 6 10am-1pm
Course fee \$29 / Members course fee \$24

Tennis

Experience the thrill and satisfaction that only tennis brings. The quick, perfect serve or stretching hard to get that "impossible" return. There are excellent reasons why tennis has always been everyone's favorite game. It's a highly civilized sport — no jarring body contact — yet it is intensely physical. Tennis is like an aerobic session and a stretch class combined into a thrilling sport. If you don't know the game, it's time to take lessons. You will learn the fundamentals of the grip, stance, forehand, backhand and serves.

Lee Allison has 18 years' experience as the director of a tennis program and as a tennis coach, and was ranked #1 college player at Cornell College. **Stephanie Ide** has been involved with tennis for 12 years, and has been a U.S.A. member for 10. She played tennis for the University of Toledo (Ohio) Rockets.

Course 045 Sat. Nov. 4, 11, 18, Dec. 2 11am-12:30pm
Sec. M Sat. Jan. 6, 13, 20, 27 11am-12:30pm
Sec. N Wed. Nov. 1, 8, 15, 22 Mission Valley 6-7:30pm
Sec. H Wed. Jan. 3, 10, 17, 24 6-7:30pm
Course fee \$49 / Members course fee \$39

Hatha Yoga

For thousands of years, people have reaped the benefits of the ancient art of Yoga — the perfect antidote to long hours spent at a desk or high-pressure days of tension and stress. Yoga does much more than promote an inner sense of peace; it also increases flexibility, tone, and strength, and improves the functions of the internal organs. The basic Yoga postures (Hatha Yoga) and breathing exercises will be taught in this class. You will learn how to:

- Improve stiffness
- Reduce chronic pain
- Reduce stress
- Increase energy
- Increase circulation
- Increase relaxation
- Increase focus
- Increase self-awareness
- Increase self-control
- Increase self-discipline
- Increase self-respect
- Increase self-love
- Increase self-esteem
- Increase self-confidence
- Increase self-worth
- Increase self-responsibility
- Increase self-reliance
- Increase self-sufficiency
- Increase self-dependence
- Increase self-fulfillment
- Increase self-actualization
- Increase self-realization
- Increase self-achievement
- Increase self-fulfillment
- Increase self-actualization
- Increase self-realization
- Increase self-achievement

Radiance Yoga and Therapeutic Exercise Center was established in 1975. They specialize in Hatha Yoga and programs for chronic pain, rehabilitation and fitness.

Course 095 Sat. Nov. 4, 11, 18, Dec. 2 11am-12:15pm
Sec. D Sun. Jan. 7, 14, 21, 28 11am-12:15pm
Course fee \$49 / Members course fee \$39

Kayaking

Learn This Exciting Sport

Our two-hour adventure will begin with an easy introduction to the fun sport of kayaking. Topics include: handling kayaks and related equipment, kayaking safety, paddling techniques and water rescues. After trying out open-deck ocean kayaking, you'll spend the afternoon on a scenic exploratory paddle on Quivira basin. This paddling adventure includes expert instruction, kayaks and paddles, casual exercise and wet suits. Note: You must know how to swim to take this class.

San Diego Sailing Center's certified expert instructors have taught thousands of people water sports since 1978.

Course 030E Sat. Oct. 21 Mission Bay
Sec. G Sat. Oct. 21 11am-1pm
Course fee \$59 / Members course fee \$49

Sailing on Mission Bay

This course is designed to be affordable to anyone who has felt the lure of sailing and would like to become recognized as a competent crewperson. You'll be introduced to the dynamics of a typical sailing yacht and taught the basics of crewing in three easy sessions that are fast-paced, fun and — most of all — low pressure. The course covers the mechanics of a typical small boat (30' 40') layout, coming about, jibing, docking and undocking in a boat with two sails, and much more.

Seafork is San Diego's best-equipped boating center. You'll sail a 21' Victory with four to five people and an instructor in each boat.

Course 060 Sat. Nov. 4, 11, 18 Mission Bay
Sec. Y Sat. Nov. 4, 11, 18 10am-1pm
Sec. Z Sat. Dec. 2, 9, 16 10am-1pm
Sec. A Sat. Jan. 6, 13, 20 10am-1pm
Course fee \$69
Only 5 to a boat max!

Qi Gong

Learn This Ancient Chinese Discipline

Use the power of combined concentration and breathing for healing, relaxation and longevity. Let **Andrew Harley** introduce you to the ancient Chinese discipline of Qi Gong and learn how to balance and control your body's own energy systems. Whether you have too much energy and want to relax, or not enough energy and need a boost — Qi Gong is your answer.

Discover how to recapture wasted energy and turn it into increased vitality and healthful purposes. You'll learn how to:

- Relieve tension
- Balance emotional energies
- Learn methods for centering and relaxation
- And much more!

Andrew Harley is a massage therapist. Tai Chi and Qi Gong instructor who has been studying these disciplines for five years. He combines all three disciplines to help anyone who wants to achieve better health.

Course 229 Tue. Oct. 24 6:30-8:30pm
Sec. C Thu. Dec. 7 6:30-8:30pm
Course fee \$29 / Members course fee \$24

YOU'VE READ THE BOOK, NOW SEE THE VIDEO.

Betty J. Eadie, author of the N.Y. Times Bestseller *Embraced By The Light* has released her video entitled *An Evening With Betty J. Eadie*. Betty was taped live during a Seattle speaking engagement. The video contains clips of Betty as a child through adulthood. Also included are special effects of Betty's journey into the life hereafter. A must see tape for those who are ill, bedridden, or cannot read and for those who are looking for a personal experience with Betty. To order call 1-800-433-8978. \$19.95 + shipping and handling.



An Evening With Betty J. Eadie

SINGLES!

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REGISTRATION 38

4 Ways to Register

- 1. Phone Registration:** (619) 544-9700. We will accept phone registrations with Visa, MasterCard, or American Express. Please have your credit card number and expiration date ready when you call.
- 2. Mail Registration:** Enclose with your registration form a check or money order payable to The Learning Annex for the course tuition plus \$10 registration fee. We can also accept your payment with either Visa, MasterCard, or American Express.
- 3. Walk-In Registration:** Our offices are open Monday thru Friday, 9am to 6:30pm and 9am to 2pm Saturday at 344 Kalmia Street, San Diego, CA 92101.
- 4. Fax Registration:** (619) 544-9734 24 hours a day, with either VISA, MasterCard or American Express.

In order to ensure a place in the class of your choice, you are encouraged to register early. Please fill out the registration

form below with all the appropriate information, including course numbers, sections, and fees. Applications are processed immediately upon receipt. There is a monthly \$10 non-refundable registration fee, per person, which is paid once for all classes taken during any one month. We will mail you a Class Admission Form with your course location, date, and time of your first class meeting. Please call our office to confirm your enrollment in the event that you do not receive the admission form before the first class meeting. We reserve the right to change course locations, schedules, fees and instructors where necessary.

Cancellation and Refund Policy

If you must cancel, notify The Learning Annex at least 3 days prior to the class and you will receive a credit voucher, (less the \$10 dollar non-refundable registration fee.) Credit vouchers can be applied to another Learning Annex Class within six months of the date of issue. Refunds will be given only in the unlikely event that The Learning Annex cancels a course. A check will be mailed to you; no refunds will be made directly to credit card accounts. No refunds will be issued for courses that are postponed because of inclement weather or other circumstances beyond our control. There is a \$10 fee to transfer between course sections. All credit requests must be made in writing.

and accompanied by a Class Admission Form. Credits and refunds will be issued on the 20th of the month following the month in which the course was held.

Please note: All of our classes are guaranteed - without exception. If for any reason you are not satisfied with any seminar, let us know in writing. You will receive a credit voucher to be applied toward future classes.

Certificate of Completion

If you attend any Learning Annex course you can receive a certificate of completion, suitable for framing. The fee is \$7.50 if ordered at time of registration, or \$9.50 if ordered separately. The Learning Annex Certificate is purely a recognition that you have registered. The Learning Annex does not give out degrees, or accreditation of any kind. All instructors are independent contractors.

GROUP DISCOUNTS!

Do you have a group of six or more? Take advantage of group savings. Call Kathy at (619) 544-9700 for special rates.

REGISTRATION FORM

Annex 344 Kalmia Street
San Diego, CA 92101
Attn: Registrar

VIP 1195 GRS M I

☐ Mr. ☐ Mrs. ☐ Ms.

NAME _____ BIRTHDATE _____

PROFESSION _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ NIGHT PHONE _____

COURSE #	SEC.	COURSE DATE	FEE

V.I.P. Membership (\$29.95/\$49.95 couples) see page 31

Certificates of Completion are \$7.50 each (optional)

Non-membership Registration Fee \$10.00

MasterCard fee is paid directly to instructor at the first class. Total

*Please note: Registration fee is \$10.00 per person, per month.

I hereby authorize the use of my MasterCard, Visa or AMEX account.

SIGNATURE _____

MASTERCARD, VISA OR AMEX # _____

EXPIRATION DATE _____ MONTH _____ YEAR _____

REGISTRATION FORM

Annex 344 Kalmia Street
San Diego, CA 92101
Attn: Registrar

VIP 1195 GRS M I

☐ Mr. ☐ Mrs. ☐ Ms.

NAME _____ BIRTHDATE _____

PROFESSION _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ NIGHT PHONE _____

COURSE #	SEC.	COURSE DATE	FEE

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I hereby authorize the use of my MasterCard, Visa or AMEX account.

SIGNATURE _____

MASTERCARD, VISA OR AMEX # _____

EXPIRATION DATE _____ MONTH _____ YEAR _____

PANEL OF EXPERTS

How to Get Published in San Diego

Top Agents, Publishers and Writers Tell How

Are you an aspiring or established writer who hasn't been able to get your work published? Do you believe you have to live in New York or LA to make a living as a writer? Think again! San Diego is an excellent market for getting your articles, fiction and non-fiction books published — and this panel of experts will tell you how! You'll get insider tips, discover how to get started and learn: • What editors look for • How to sell yourself and your idea • How to beat the system • How to find the right agent • And much, much more!

Panelists include: Michael McCarthy (moderator), author, publisher and ghostwriter. In the past year he has collaborated on three novels, including *The Celestial Bar*, which recently sold at auction for a high six-figure advance. Julie Castiglia, literary agent. A writer and editor prior to becoming an agent nine years ago, she knows the publishing world inside out. Clients include Laurie Beth Jones, whose first book, *Jesse* (20), has been on *Business Week's* bestseller list for months. Margaret McWhorter, author and publisher of *The San Diego County Writers and Publishers Resource Guide*, considered to be the most complete sourcebook of information for writers. Matthew Pallamary, writer. His work has appeared in *Cut*, *New Dimensions*, *The Short Story* and *The San Diego Union*, among many other publications. His first book, *The Small Dark Room of the Soul*, is in its second printing. Robert Goodman, publisher of Silverat Publications, a San Diego firm which publishes quality of life, how-to, reference and consumer titles.

Course 4220 Sat. Jan. 20 Hotel Circle Sec. A 1-4pm
Course fee \$29 / Members course fee \$29

LAST

An Evening with the "Boy Wonder"

BURT WARD

Robin from TV's Original Batman

Only tell all, Batman! Has Burt Ward got some revelations for you? In this informative evening, he'll tell you how he got his start in Hollywood, what it was like to become an overnight success and pass on tips for how you can break into show business. You'll also get an opportunity to ask Burt all your questions.

Course 4091 Thu. Oct. 26 Hotel Circle Sec. A 7-10pm
Course fee \$29 / Members course fee \$24

FEATURED SPEAKERS 39

American Indian Healing

with KACHINAS KUTENAI, Apache Medicine Woman

For hundreds of years Native Americans have used herbs, visualizations and ceremonies for healing.

As a young Chiricahua Apache, Kachinas Kutennai learned about natural healing at the knee of her grandmother, who told her that her destiny was to be a Medicine Woman. Kutennai interpreted this to mean she was to be a nurse. But after decades as a Registered Nurse and after a life-threatening illness with incompetent medical treatment, she returned to her heritage.

Combined with her knowledge of herbal medicines, she unites the new and the old in an extraordinary way. In this workshop Kachinas Kutennai, a modern-day Medicine Woman, will introduce you to the use of many herbs and other Native American healing concepts. She is deeply concerned with the healing of Mother Earth, as well as dealing the human problems of racism, sexism and speciesism. Sign up early, this seminar will sell out!

Kachinas Kutennai is the founder of the Sacred Rainbow Circle Foundation and the author of several books, including American Indian Healing and Medicine Woman Speaks: A Simple Introduction to the Use of Herbs.

Course 3356 Sat. Jan. 27 Hotel Circle Sec. A 1-4pm
Course fee \$39 / Members course fee \$29

How to Increase Your Intelligence

Learn Proven Methods to Awaken Your Genius

Do you feel there's a more intelligent, creative, inventive and intuitive you, somewhere deep inside? Experts say most of us use less than 10% of our brain's potential.

In this empowering workshop, you'll discover how to easily tap into your unconscious mind — to clarify your thinking, uncover talents and skills lying dormant, and to unleash the genius within.

You'll learn simple visual-thinking exercises you can easily do at home, to help you to awaken the genius within you. You can actually gain about 40 points on an IQ test! The results will be greater self-confidence and creativity — and the ability to see clear solutions to any problem.

You'll also learn: • What "genius" is — and how to access it • How to ingeniously solve problems • How to learn at an accelerated rate • How to teach these methods to your children and others.

Wim Wengert, Ph.D., is a teacher and researcher, creator of the Beyond Einstein Discovery Method for accelerated learning, author of over 40 books, and co-author of the recently published The Einstein Factor.

Course 389 Tue. Jan. 9 Hotel Circle Sec. A 6:30-9:30pm
Course fee \$29 / Members course fee \$24

TIME

I Had It All the Time

Move from Self-Improvement to Ecstasy with ALAN COHEN

Are you ready to quit trying to fix what's not broken — and get on with celebrating the life you were meant to live? Join bestselling author and teacher Alan Cohen for an empowering evening, as he shows you how to love who you are — and not who you think you should be. For more than 20 years, Alan has touched the hearts and changed the lives of hundreds of thousands of people seeking more aliveness, authenticity and creative self-expression. His visionary message of encouragement has made him a respected catalyst for outer change through inner awakening. With great warmth and humor, he'll show you how to stop struggling to become something you're not — and get on with celebrating the gifts you have at hand. You'll learn the keys to creative living and self-discovery exercises that you can easily incorporate into your daily life. Gain the courage and confidence to love who you are — without apology, compromise or regret!

Course 2595 Wed. Oct. 25 Hotel Circle Sec. A 7-10pm
Course fee \$29 / Members course fee \$24

Use M/C, VISA or AMEX to order by phone — (619) 544-9700